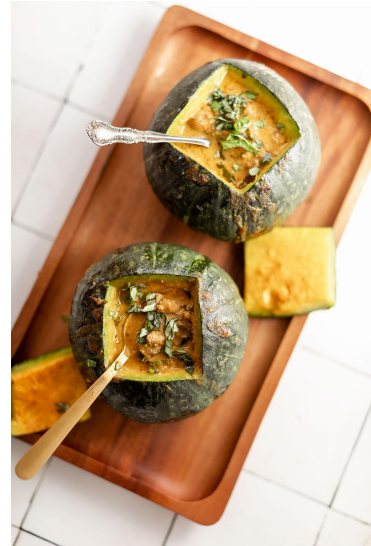


Nourishing and hearty lamb stew squash bowl that can also be served with a side of rice.

Servings: 4-6 | Prep Time: 20 min | Cook Time: 1 hour

Ingredients

- 1 lb ground lamb or meat of choice
- 2 small kabocha squash or squash / pumpkin of choice
- 1 8 oz container baby bella mushrooms, sliced
- 2 cups kale or collard greens, shredded
- 1 can coconut milk, unsweetened
- 1 onion
- 2 large tomatoes
- 6 cloves garlic
- 1 .5 oz organic fresh basil (small container)
- 1 Tbsp favorite go-to seasoning
- 1-2 Tbsp grass-fed butter
- Kosher salt and pepper



Directions

1. Preheat the oven to 400 degrees.
2. Clean out both squash and line the inside and lid with butter, set aside.
3. Slice tomatoes and onion in half, and place on a cookie sheet with crushed cloves of garlic. Drizzle oil and kosher salt and cook in the oven for 25 minutes.
4. While the tomato mixture is cooking, crumble ground meat in a large skillet over medium heat. Add the seasoning and saute until the lamb meat is fully cooked. Set aside but keep rendered fat in the skillet.
5. After the roasted veggies have cooled down, remove the outer skin from the onion and transfer everything to a blender. Add in the coconut milk and basil and blend until smooth. Taste test and add additional salt if needed.
6. Add mushrooms and kale to the skillet with reserved lamb fat and set over medium heat. Saute for about 5 minutes and pour in the blended cream mixture and cooked lamb meat. Remove from heat and transfer the mixture into your buttered squashes.
7. Place filled squash bowls on a cookie sheet with the lids on top and cook in the oven for 25 minutes.
8. At this time, if you have leftover lamb stew, feel free to make a side of steamed rice.
9. Remove from the oven and garnish with basil chiffonade and enjoy! Don't forget to scrape the inside of your squash as you eat!