

Donald's Mom's Stuffed Butternut Squash

This recipe is tailored to one, 2-lb butternut squash. It can easily be adjusted up or down according to significant size differences, or multiple squashes. Note that since making the recipe is predicated on pre-made amounts of frozen cooked beef and cooked rice, making multiple squashes for a large and / or hungry crowd is fairly straightforward.

Ingredients:

- 1-1/2 cup cooked rice and ground beef mixture
 - 1 cup cooked rice
 - if not prepared in advance:
 - 1/3 cup dry rice
 - 2/3 cups boiling water
 - 1 teaspoon margarine or butter
 - 1 tablespoon of dry vegetable soup base, or replace water with equal amount of vegetable bouillon / stock
 - 75g to 85g / 2-1/2oz to 3oz cooked, of cooked ground beef and chopped onions, (2-1/2 to 3 units if frozen in ice cube trays)
 - if not prepared in advance:
 - about 95g to 110g / 3-1/3oz to 4oz raw weight ground beef
 - 1/4 small onion, chopped somewhat finely
- 284mL / 10oz condensed tomato soup
- 1 x 2lb (900g to 1kg) butternut squash, whole or equivalent pieces as cut below

Equipment:

- Vegetable peeler
- Cutting board
- Kitchen knife sharpener
- Kitchen knife -- sharpened
- Two soup spoons
- Paring knife
- Table fork to mash (a small amount of) squash
- Measuring cup
- Fork for testing how cooked the squash is
- Microwave safe cooking vessel with lid
- Microwave oven
- Optional depending on whether you have cooked rice on hand, and/or keep cooked ground beef in the freezer:
 - pot, stove, utensils, kettle, and other equipment to cook rice
 - pan, stove, utensils, and other equipment to cook ground beef and chopped onions

How to make:

This recipe was designed with having cooked rice on hand already; if not:

- Fill kettle with more water than specified
- Bring water to boil
- Place 1/3 cup rice in pot
- Pour 2/3 cups boiling water in pot

- Add vegetable soup base to rice and water
- Add margarine or butter to rice and water
- Bring rice to a simmer on stove
- Simmer rice on low and water for approximately 20 minutes, or until the water has been absorbed

This recipe was designed with having cooked ground beef and frozen in ice cube trays on hand already; if not:

- Clean and trim onion
- Cut a quarter of the onion off
- Chop the onion quarter somewhat finely
- Place ground beef and onion in frypan
- Fry until cooked
- Put aside

Cooking the squash:

- Slice squash along its length (top to bottom)
- Peel squash
- Remove seeds from squash halves
- Slice squash above seed cavity
- Using a paring knife, hollow out the two solid pieces of squash, leaving approximately half an inch thickness
- Place squash pieces and cut out squash pieces in microwave oven safe cooking dish
- Add approximately 1" water in container
- Cover
- Cook for 10 minutes (1200 watts)
- Drain water from container
- Remove pieces of cooked squash from hollowed out squash pieces

Making the filling:

- Mash pieces of cooked squash left over from hollowing out the pieces of squash
- Place mashed squash, 1/2 cup cooked ground meat, and 1 cup rice in a bowl
- Combine filling ingredients with a fork or spoon

Making the dish:

- Place a spoonful of condensed tomato soup in the hollow parts of each piece of squash
- Fill hollowed out pieces of squash with rice, meat, and mashed squash mixture
- Cover rice and meat mixtures with the rest of the condensed tomato soup
- Cover dish with lid
- Place dish in microwave oven
- Cook for 7 minutes (1200 watts)
- Serve and eat!