**Stuffed Yellow Squash**

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**Beef**

Stuffed squash is a light meal that is easy to put together and elegant enough to be a main course without demanding too much time. It can also be served as a side dish to larger entrees. Bright yellow squash is stuffed with flavorful beef and topped with parsley for a colorful and tasty meal.

**Ingredients**

2 medium yellow squash

1 lb. ground beef

4 Roma tomatoes, diced

1 tsp coconut oil

1/2 large yellow onion, diced

3 cloves garlic, minced

1/2 tsp smoked paprika

1/2 tsp cumin

1/2 tsp ground coriander

1 tbsp tomato paste

1 tsp salt

1/2 tsp pepper

2 tbsp fresh parsley, chopped

Extra virgin olive oil, for drizzling

1. Preheat the oven to 375 degrees F. Cut the squash in half lengthwise and use a spoon to scrape out the seeds. Place on a rimmed baking sheet with the cut-side up. Set aside.

2. Melt the coconut oil in a large skillet over medium heat. Add the onion to the pan and sauté for 3-4 minutes. Stir in the garlic and cook for an additional minute. Add the beef to the pan and cook until no longer pink, stirring regularly.

3. Add the diced tomatoes, along with the paprika, cumin, coriander, tomato paste, salt, and pepper. Stir well to combine.

4. Spoon the beef mixture into the squash boats and lightly drizzle with olive oil. Bake for 25-30 minutes until the squash is tender. Serve warm, sprinkled with fresh parsley.

