

GROUND BEEF PESTO PASTA

Yield: 3 servings

Total time: 20-30 minutes

Protein: 20g

Carbohydrates: 65g

Fat: 16g

INGREDIENTS

- 1 Package of Gluten Free Pasta
- 6 ounces 96/4 Ground Beef
- ½ Yellow Onion, Diced
- 2 Cloves Garlic, Minced
- 100g Vegan Kale, Cashew & Basil Pesto from Trader Joe's or any Pesto sauce
- One bag of Delicata Squash (Ready to use, if in season and available)
- 10 ml Olive Oil
- Salt & Pepper to taste

DIRECTIONS

1. Preheat oven to 425 degrees F. Coat delicata squash with oil and salt and pepper and cook in oven for 20 minutes until roasted.
2. Add the ground beef, onion, and salt to a large, nonstick skillet. Bring to medium heat and saute for 5 minutes, or until the onion is soft and the ground beef has mostly lost its pink color. Add the garlic and saute for 2 more minutes.
3. Cook pasta in a large pot of boiling water until done. Drain.
4. In a large bowl, combine pesto sauce, Delicata Squash, and pasta together until well mixed. Mix in ground beef.

