

Southwestern Stuffed Acorn Squash

Ingredients

- 3 acorn squash (about 1-1/4 lb each)
- Olive oil
- 1 small onion, chopped
- 1 small red bell pepper, chopped
- 1 clove garlic, minced
- 1 Tablespoon chili powder
- 1 teaspoon ground cumin
- 2 cups (1 dry pint) cherry tomatoes, halved
- ½ teaspoon salt
- Several dashes hot pepper sauce, to taste
- 6 ounces precooked chicken or turkey sausage, casings removed, diced*
- (I use Al Fresco brand chicken sausage)
- 1 15-ounce can black beans, rinsed
- 1 cup shredded cheese (swiss, mozzarella or any cheese blend)

Mise en place! (Everything in its place)

Directions

1. Preheat oven to 375°. Lightly coat a large baking sheet with oil or line with parchment paper.
2. Cut squash in half horizontally. Scoop out and discard seeds. Rub olive oil on cut side of squash. Lay cut side down on baking sheet. Bake until tender, about 45 minutes.
3. Meanwhile, pour about 2 Tablespoons of olive oil in a large skillet. Add onion and peppers and sauté about 5 minutes until softened.
4. Stir in garlic and sauté about 30 seconds.
5. Add chili powder and cumin and cook about 30 seconds.
6. Add about 2/3 of the tomatoes. Add salt and hot sauce. Cover, reduce heat and simmer until the tomatoes are broken down, about 10 minutes.
7. Add sausage, beans, the rest of the tomatoes and heat through.
8. Stuff squash halves, top with cheese and return to oven 5-10 minutes until heated through and cheese is melted.

Notes – Easier to remove casings when sausage is partially frozen.

You may use bulk raw turkey or chicken sausage in this recipe. Just remove from casings, and add in step 3, sautéing with vegetables until no longer pink.

[Link to Video](#)