

The Early Fall Menu - Featuring Low Carb Tamale Pie with Grass Finished Beef

Mock Tamale Pie - Low Carb and Healthy

1 large spaghetti squash
2 lbs. Chaffin Family Grass Fed Ground Beef
2 medium green bell peppers - chopped in larger pieces
1 can organic diced tomatoes - untrained
1 large can diced green chilies
1 envelope organic taco seasoning
4 cups cheddar and jack organic shredded cheese
Sour cream to garnish

Heat oven to 400 degrees. Cut squash in half lengthwise and scoop out the seeds. Place squash halves in a pan with 1 inch of water, cut side down. Bake for 1 hour or until squash is easily pierced with a knife and strings are soft. Remove from oven and allow to cool until easy to handle (about 30 minutes). Scrape squash out of the shell and into a large bowl, separating strings with a fork. Discard shell or save for the chickens. Preheat oven to 350 degrees. In a 12" sauté pan brown 2 lbs of Chaffin Family grass fed ground beef. Remove from pan with a slotted spoon and place in bowl on top of squash. Leave drippings in pan. With pan on medium high cook bell pepper until just tender. Add tomatoes (untrained), chilies (drained) and envelope of taco seasoning. Cook and stir just until boiling and all ingredients are combined. Pour veggie seasoning mixture on top of meat in bowl. Stir meat, squash, veggie, mixture with a fork until all combined. Grease a large casserole dish with olive oil. Layer 1/3rd of the veggie meat mixture and cover with 1/3rd of the cheese. Repeat until you have 3 layers, the last covered in cheese. Place in oven at 350 degrees and cook for 30 minutes until bubbly. Let stand 10 minutes and serve with sour cream. Serves 8