



Moroccan Spiced Beef with Roasted Butternut Squash & Baby Spinach Salad with Hemp Seed Tahini Dressing

Saturday Dinner

Ingredients (Serves 4)

- 1 small butternut squash ———
- olive oil ——— ——— ———
- liquid aminos ——— ——— ———
- 1/2 yellow onion ———
- 1/2 yellow bell pepper ———
- 2 stalks celery ———
- 2 Tbsp. garlic ———
- 1 Tbsp. curry powder ———
- 1 tsp. paprika ———
- 2 Tbsp. tomato paste ———
- 1 lb. ground beef ———
- 1 C vegetable stock ———
- 1 bunch green onion ———
- 1 Tbsp. tahini ———
- 1 Tbsp. hemp seeds ———
- 1 lemon ———
- 1/4 C water ———
- 1 handful baby spinach ———
- 5 grape tomatoes ———



Cooking Instructions

Butternut Squash —

1. Heat oven to 425 F (400 on convection setting if your oven has one).
2. Peel and cut 1 small butternut squash into slices from the bottom and medium dices at the top (dices used in Curried Butternut Squash Lentil Soup recipe)
3. Toss in 1 tsp. olive oil and 1 tsp. liquid aminos on a sheet pan lined with parchment.
4. Roast until tender. Serve slices atop spiced beef when serving. Store dices.

Moroccan Spiced Beef —

1. Sauté ½ yellow onion, ½ bell pepper, 2 stalks celery, 2 Tbsp. minced garlic, 1 Tbsp. curry powder, 1 tsp. paprika, and 2 Tbsp. tomato paste over medium heat in a large sauté pan.
2. Add 1 lb. ground beef and brown for a couple minutes, stirring occasionally.
3. Add 1 C vegetable stock and 1 tsp. liquid aminos and turn heat to low.
4. Simmer until all liquid is gone and a sauce develops.

Baby Spinach Salad with Hemp Seed Tahini Dressing —

1. Combine green onion whites, 1 Tbsp. tahini, 1 Tbsp. hemp seeds, juice from 1 lemon, 1 tsp. liquid aminos, and ¼ C water in a blender and blend until smooth.
2. Slowly add ¼ C olive oil while the blender is on low.
3. Make a salad of baby spinach, grape tomato, and green onion greens and drizzle with dressing.

