



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

Saturday Dinner & Sunday Lunch Prep

Ingredients (Serves 4)

- 1 small butternut squash — — — — —
- olive oil — — — — —
- liquid aminos — — — — —
- 1 yellow onion — — — — —
- 1 yellow bell pepper — — — — —
- 4 stalks celery — — — — —
- 4 Tbsp. garlic — — — — —
- 3 Tbsp. curry powder — — — — —
- 1 tsp. paprika — — — — —
- 2 Tbsp. tomato paste — — — — —
- 1 lb. ground beef — — — — —
- 4 C vegetable stock — — — — —
- ½ C red lentils — — — — —
- 1 bunch green onion — — — — —
- 1 Tbsp. tahini — — — — —
- 1 Tbsp. hemp seeds — — — — —
- 1 lemon — — — — —
- ¼ 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.
3. Toss in 1 tsp. olive oil and 1 tsp. liquid aminos on sheet pan lined with parchment.
4. Roast until tender.

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 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.

Curried Butternut Squash Lentil Soup (Lunch for Sunday) —

1. Sauté ½ yellow onion, ½ bell pepper, 2 stalks celery, 2 Tbsp. garlic, and 2 Tbsp. curry powder in 1 Tbsp. olive oil in large sauce pot over medium heat.
2. Add 3 C vegetable stock, 1 Tbsp. liquid aminos, and ½ C lentils.
3. Simmer until lentils are cooked through.
4. Add roasted butternut squash dices and warm through.

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 blender is on low.
3. Make a salad of baby spinach, grape tomato, and green onion greens and drizzle with dressing.

