

One-Pot Spaghetti Squash and Meat Sauce

1 lb ground beef
1 small chopped onion
3 cloves crushed garlic
1 teaspoon kosher salt
black pepper, to taste
28 oz can crushed tomatoes
bay leaf
pecorino romano cheese rind
1 spaghetti squash
grated cheese for topping

Sauté the beef with onion, garlic, salt, pepper. Add crushed tomatoes, bay leaf and cheese rind, stir. Pour into crock pot.

Cut the spaghetti squash in half around the middle. Use a spoon to remove the seeds. Place cut sides down in a large crock pot.

Cook on low for 5-6 hours, or high for 3-4 hours. Test for doneness by piercing the squash with a fork, if it goes through the skin easily, it is done.

Use tongs to carefully remove the squash from the crock pot. Use a fork to pull out all the squash, discard the shell.

Serve with the sauce from the crock pot. Enjoy!

Adapted from skinnytaste.com and iwashyoudry.com