



## DINNER IN A PUMPKIN



### INGREDIENTS

1 medium pumpkin

2 lbs. Ground Beef [Add 1 1/2 tablespoons dry Onion Soup mix seasoning & 2 teaspoons Chef Series Simply Garlic seasoning while cooking the ground beef. Drain & set aside.]

1 small onion, diced AND 2 sticks of celery, diced, 2 tablespoons butter,  
1/4 c soy sauce, 2 T. brown sugar

1 4-oz can sliced mushrooms (drained)

1 can cream of chicken soup

2 cups hot cooked rice



### DIRECTIONS

Pre heat oven to 375 degrees.

In Rock 'N Serve Medium Deep, place 2 cups rice and enough water to cover. Microwave on high for 13 minutes and set aside to cool.

Cut a lid for the pumpkin. Paint on a face with a magic marker or apply stickers when pumpkin is finished cooking.

Use the Ice cream scoop to remove the seeds and pulp. Shave off excess stringy pulp. Clean outside of pumpkin and rinse inside of pumpkin with cool water.

[Make sure no soap gets inside of pumpkin while cleaning, as it will affect the taste!]

Using the Quick Chef, dice onions and celery. Put the 2 tablespoons butter and diced veggies in a Rock 'N Serve Medium Shallow container with cover on, vent cap. Microwave on High for 3 minutes. Set aside.

Use E-Series Can opener to open cans. Mix soy sauce, brown sugar, mushrooms and soup in Large Mixing Bowl or Thatsa Bowl.

Add cooked veggies to bowl.

Add rice to mixture in bowl.

Add 2 lbs. of pre-cooked ground beef mixture. Stir everything well.

Spoon the mixture into the pumpkin. Place in a medium pan. Bake 1 hour until the pumpkin is tender. Scoop out to serve.



Goes well with a salad and another veggie of your choice. Or, why not serve inside tortillas! Maybe just add some Ranch Style beans!

Eating from the pumpkin makes for a FUN, conversation piece at the dinner table. ENJOY!