



1 medium pumpkin
2 lbs. hamburger (cooked & drained)
diced onions & celery to taste
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

Pre heat oven to 375 degrees.

In base of the oval micro-cooker, place 2 cups rice and enough water to cover. Microwave on high for 13 minutes

Cut a lid for the pumpkin. Paint on a face with a magic marker. Using the ice cream scoop, remove the seeds and pulp.



Using the Quick Chef or chopper, dice onions and celery.

Use E-series can opener to open cans. Mix soy sauce, brown sugar, onions, celery, mushrooms and soup in That's a bowl.

When rice is finished, add to mixture in That's a bowl

Using a freezer-safe container of pre-cooked ground beef stored in your freezer, add 2 lbs pre-cooked ground beef. If this is not available, then using the cooking rack and base, brown 2 lbs. of ground beef, removing all grease.

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