



## ACORN SQUASH "BOWL" WITH TURKEY CHILI & SMOKED GOUDA

BY TIM BUCCI, CMC

### INGREDIENTS

Chili:

1Tb olive oil

8oz ground turkey, may substitute leftover diced turkey

1 c onion, diced

3 garlic cloves, minced

2Tb flour

2Tb tomato paste

14oz petite diced tomatoes

1 1/2 tablespoons chili powder

2tsp smoked paprika

1/2tsp cinnamon

1tsp sugar

1 teaspoon salt

1/2 teaspoon black pepper

1/4tsp cayenne optional

2 teaspoon ground cumin

1c water

Garnish: sour cream, green onions, smoked gouda

YIELD: 4 SERVINGS



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METHOD

2 acorn squash, top and bottom just trimmed to create a flat surface, halved and seeded. Drizzle with olive oil, season with salt and pepper, place cut side down on parchment, prick with a paring knife and bake in 350 oven until tender

### CHILI:

Heat oil in a saucepan over medium heat until hot.

Add Beef and cook until no longer pink.

Add onions, peppers and garlic and cook for 5 minutes over low heat

Add remaining ingredients and let cook for 45 minutes.

Split up between acorn squash, add smoked gouda and bake for 10 minutes in 350degree oven