

# Sloppy Joe Stuffed Spaghetti Squash (Whole, Paleo)

---

[www.EatCleanDragQueen.com](http://www.EatCleanDragQueen.com)

Classic Comfort Food meets Spaghetti Squash in one of my favorite Fall meals! My Slow Cooker Sloppy Joe's are naturally sweetened with Dates, which adds just the right amount of sweetness to this otherwise savory dish.

While all the flavors are marinating together in your slow cooker, Spaghetti Squash is coated in Coconut Oil, then oven roasted to perfection before being stuffed with Sloppy Joe's and served piping hot 😊 This entire meal is Paleo & Whole30 Compliant as well as Dairy, Gluten, Soy, & Refined Sugar Free!

## INGREDIENTS:

---

- 4 Medium Spaghetti Squash, halved and gutted
- 2 Lb Ground Beef(85% Lean or Higher)
- 2 Tbsp Coconut Oil
- 2 Bell Peppers, chopped fine
- 2 Yellow Onions, chopped fine
- 4 Cloves of Garlic, minced
- 2 Cups Tomato Sauce, no sugar added-6 oz Can of Tomato Paste
- 10 to 12 Dates, chopped fine
- 2 Tbsp Coconut Aminos
- 2 Tbsp Whole30 Compliant Mustard
- 2 Tbsp Red Wine Vinegar
- Salt & Pepper to taste

## INSTRUCTIONS:

---

1. In a large skillet, heat Coconut Oil over medium/high heat. Add Onions & Garlic, then cook for about 3-4 minutes.
2. Next, add Ground Beef to your Onion & Garlic Mixture, and cook until no longer pink, about 5-7 minutes. Discard any excess liquid, then transfer mixture to your slow cooker.

3. Add all remaining ingredients, except your Spaghetti Squash, to the slow cooker and stir well to combine. Cook on low for 6 hours.
4. Preheat your oven to 400F and line a large baking sheet with parchment paper.
5. While the oven is preheating, season your Spaghetti Squash with Salt and Pepper and place them cut side down on your parchment paper lined baking sheet. Bake in the preheated oven for 45-55 minutes.
6. Fill each Spaghetti Squash half with 1/8 of the Meat Mixture, then transfer back to the oven for 5 more minutes, cut side facing up. Remove and Enjoy!

***MAKES 8 SERVINGS!***

---

