

Italian Beef and Green Bean Casserole

Servings: 6

- 2 pounds ground beef, preferably grass-fed
- 2 teaspoons kosher or sea salt
- 1 teaspoon freshly-ground black pepper
- 1 large yellow onion, peeled and diced
- 3 cloves garlic, minced
- 2 can (15 oz) tomato sauce
- 1 can (6 oz) tomato paste
- 1 tablespoon fresh basil, chopped or 2 teaspoons dried
- 1 tablespoon fresh oregano, chopped or 2 teaspoons dried
- 1/2 teaspoon red pepper flakes (optional)
- 2 small delicata squash, peeled, seeded and cubed
- 1 pound fresh green beans, trimmed and cut in half



Preheat the oven to 350 F.

Heat a large, heavy, oven-proof skillet over medium-high heat; add the ground beef and cook, breaking it up with a wooden spoon or spatula, until it's almost browned and much of the fat and liquid has been released. Season with the salt and pepper and add the onion. Reduce the heat to medium and continue cooking, stirring frequently, until the onion has softened. Add the garlic to the pan, stir and cook for another minute or until the ground beef is completely cooked through.

Stir in the tomato sauce, tomato paste, herbs and red pepper flakes, if using. Add the squash and green beans; cover and place in the oven. Bake for 30 to 40 minutes, or until the squash is fork tender and the green beans are tender-crisp. Serve topped with freshly grated parmesan cheese, if desired.

Nutrition Facts

Nutrition (per serving): 504 calories, 33.4g total fat, 113.4mg cholesterol, 1702.7mg sodium, 1360.3mg potassium, 20.8g carbohydrates, 6g fiber, 10.5g sugar, 31.4g protein.