

Paleo Spaghetti

Spaghetti squash served with a homemade, hearty bison and bacon sauce.

Ingredients

- 1 large spaghetti squash cut lengthwise, seeds discarded
- 1 tablespoon extra-virgin coconut oil
- 1 large red onion, chopped and diced
- 3 carrots, diced
- 2 celery sticks, diced
- 3 cloves garlic, minced
- 2 teaspoon dried oregano
- 1 lb. ground grass-fed bison, cooked
- 2 - 28 oz. can of diced tomatoes
- 7 pieces of beef bacon, cooked
- 5 ½ ounces tomato paste
- 1 bay leaf
- Sea salt and pepper, to taste
- ¼ cup lite coconut milk
- Fresh parsley, for garnishing

Directions

Saute coconut oil, onion, carrots, celery, garlic and dried oregano in a large saucepan on medium-high heat for 7 minutes. Add remaining ingredients except coconut milk and parsley. Bring to a boil, reduce heat and simmer covered for 45 minutes.

Place squash halves cut side down on a baking sheet. Cook in 350F oven for 35 minutes

Stir coconut milk into sauce. Scrape the insides of the squash with a fork to produce long strands of "pasta" and portion out into 4 bowls. Sprinkle with parsley and enjoy!

Makes 4 servings.



healthfulpursuit.com