

slow cooker beef ragu over baked spaghetti squash

SERVES 6

RECIPE ADAPTED FROM: [Martha Stewart](#)

COOK TIME: 5 hours

1 medium yellow onion, diced small
3 garlic cloves, minced
6 Tbsp tomato paste
3 Tbsp chopped fresh oregano (or 3 tsp dried)
1 beef chuck roast (4lbs), halved
Sea salt and ground black pepper, to taste
2 cups water
1-2 Tbsp red wine vinegar

1 large spaghetti squash
1 Tbsp olive oil
Sea salt and ground black pepper, to taste

FOR BEEF RAGU:

COMBINE onion, garlic, tomato paste and oregano in a 5-to-6-quart slow cooker.

SEASON roast with salt and pepper and place on top of onion mixture.

ADD 2 cups water, cover, and cook on HIGH until meat is tender and can easily be pulled apart with a fork, about 4-5 hours (or 8-9 hours on low).

LET cool 10 minutes, then shred meat in slow cooker with 2 forks.

STIR in vinegar, taste.

FOR SPAGHETTI SQUASH:

PRE-HEAT oven to 400°F.

PLACE squash in microwave for 2-3 minutes to soften.

CUT squash in half lengthwise and scoop out the seeds.

PLACE halves, cut side up, on a rimmed baking sheet. Drizzle with olive oil and sprinkle with salt and pepper.

ROAST in oven for 45-50 minutes or until you can poke squash easily with a fork.

ONCE cooled, scrape down the insides of the squash with a fork to shred squash into strands, being careful to not tear the shells.

PLACE shredded squash in a bowl and ladle beef ragu over top.

MAKE IT A MEAL: Serve with a mixed greens salad or any non-starchy vegetable of choice.