

Dinner in a Pumpkin



- 1 small to medium pumpkin
- 1 lb lean ground beef
- 1/2 tsp salt
- 1 stalk celery, chopped
- 1 small onion, chopped
- 1/2 of a small green pepper, chopped
- 1/4 up soy sauce
- 4 oz. can sliced mushrooms. Drained
- 1 can cream of chicken soup
- 2 cups cooked rice

Preheat oven to 375. Cut top off of pumpkin and clean out seeds and pulp. Brown ground beef in the microwave in the Oval Micro Cooker (about 6 min.). While it's browning, chop celery, onion and green pepper in the quick chef. After draining grease from browned ground beef add the chopped vegetables and microwave in Oval Micro cooker about 2 minutes until vegetables are fork tender. In a Thatsa Bowl Jr., combine ground beef mixture with all the other ingredients and put it into the prepared pumpkin. Replce lid. Place filled pumpkin on a baking sheet lined with the silicone wonder mat. Bake 1 hour or until pumpkin is tender. As you serve dinner, be sure to scoop a little of the cooked pumpkin too. Makes 6—8 servings.

Dinner in a Pumpkin



- 1 small to medium pumpkin
- 1 lb lean ground beef
- 1/2 tsp salt
- 1 stalk celery, chopped
- 1 small onion, chopped
- 1/2 of a small green pepper, chopped
- 1/4 up soy sauce
- 4 oz. can sliced mushrooms. Drained
- 1 can cream of chicken soup
- 2 cups cooked rice

Preheat oven to 375. Cut top off of pumpkin and clean out seeds and pulp. Brown ground beef in the microwave in the Oval Micro Cooker (about 6 min.). While it's browning, chop celery, onion and green pepper in the quick chef. After draining grease from browned ground beef add the chopped vegetables and microwave in Oval Micro cooker about 2 minutes until vegetables are fork tender. In a Thatsa Bowl Jr., combine ground beef mixture with all the other ingredients and put it into the prepared pumpkin. Replce lid. Place filled pumpkin on a baking sheet lined with the silicone wonder mat. Bake 1 hour or until pumpkin is tender. As you serve dinner, be sure to scoop a little of the cooked pumpkin too. Makes 6—8 servings.

Dinner in a Pumpkin



- 1 small to medium pumpkin
- 1 lb lean ground beef
- 1/2 tsp salt
- 1 stalk celery, chopped
- 1 small onion, chopped
- 1/2 of a small green pepper, chopped
- 1/4 up soy sauce
- 4 oz. can sliced mushrooms. Drained
- 1 can cream of chicken soup
- 2 cups cooked rice

Preheat oven to 375. Cut top off of pumpkin and clean out seeds and pulp. Brown ground beef in the microwave in the Oval Micro Cooker (about 6 min.). While it's browning, chop celery, onion and green pepper in the quick chef. After draining grease from browned ground beef add the chopped vegetables and microwave in Oval Micro cooker about 2 minutes until vegetables are fork tender. In a Thatsa Bowl Jr., combine ground beef mixture with all the other ingredients and put it into the prepared pumpkin. Replce lid. Place filled pumpkin on a baking sheet lined with the silicone wonder mat. Bake 1 hour or until pumpkin is tender. As you serve dinner, be sure to scoop a little of the cooked pumpkin too. Makes 6—8 servings.

Dinner in a Pumpkin



- 1 small to medium pumpkin
- 1 lb lean ground beef
- 1/2 tsp salt
- 1 stalk celery, chopped
- 1 small onion, chopped
- 1/2 of a small green pepper, chopped
- 1/4 up soy sauce
- 4 oz. can sliced mushrooms. Drained
- 1 can cream of chicken soup
- 2 cups cooked rice

Preheat oven to 375. Cut top off of pumpkin and clean out seeds and pulp. Brown ground beef in the microwave in the Oval Micro Cooker (about 6 min.). While it's browning, chop celery, onion and green pepper in the quick chef. After draining grease from browned ground beef add the chopped vegetables and microwave in Oval Micro cooker about 2 minutes until vegetables are fork tender. In a Thatsa Bowl Jr., combine ground beef mixture with all the other ingredients and put it into the prepared pumpkin. Replce lid. Place filled pumpkin on a baking sheet lined with the silicone wonder mat. Bake 1 hour or until pumpkin is tender. As you serve dinner, be sure to scoop a little of the cooked pumpkin too. Makes 6—8 servings.