



Stuffed Pumpkin

Ingredients

- 1 medium pumpkin
- 1 onion, chopped
- 2 tablespoons vegetable oil
- 2 pounds ground beef
- 2 tablespoons soy sauce
- 2 tablespoons brown sugar
- 1 (4-ounce) can sliced mushrooms
- 1 (15-ounce) can cream of chicken soup
- 1 ½ cups cooked rice
- 1 (8-ounce) can sliced water chestnuts

Instructions

1. Preheat the oven to 350°F (175°C).
2. Cut off the top of the pumpkin and carefully scoop out all the seeds and pulp, cleaning the inside thoroughly.
3. In a large skillet, heat the vegetable oil over medium heat. Add the chopped onion and sauté until soft and fragrant.
4. Add the ground beef to the skillet and cook until browned. Drain any excess fat.
5. Stir in the soy sauce, sliced mushrooms, brown sugar, and cream of chicken soup. Let the mixture simmer gently for about 10 minutes, stirring occasionally.
6. Add the cooked rice and water chestnuts to the skillet, mixing well to combine.
7. Spoon the beef and rice filling into the hollowed-out pumpkin.
8. Replace the pumpkin top and place the whole pumpkin on a baking sheet.
9. Bake for about 1 hour, or until the pumpkin flesh is tender and the filling is hot.
10. Remove from the oven, place on a serving plate, and take off the pumpkin lid.
11. Serve the savory meat mixture, and scoop out the cooked pumpkin as a flavorful vegetable side.