

Cottonwood House Hearth



Dinner in a Pumpkin

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| *1 medium to large size round pumpkin | *1 can pork/beans 16 oz. |
| *2 lbs. lean ground beef | *16 oz can chopped tomatoes |
| *1/2 cup chopped onion | *16 oz. can tomato sauce |
| *1/2 cup chopped green pepper | *2 cups rice uncooked |
| *3/4 cup brown sugar | *1/2 tsp. salt |
| *2 T. lemon juice | *1/4 tsp. black pepper |

Preparation: Clean and wash out pumpkin!

In a large skillet, lightly brown the ground beef, then drain off any excess fat. Add onion and chopped green pepper, sauté lightly and drain again. In a large bowl, combine tomatoes, tomato sauce, bean, rice, brown sugar, lemon juice and seasonings. Combine with meat mixture, stir to mix all ingredients together.

Place pumpkin on a foil lined cookie sheet. Spoon mixture into the pumpkin cavity. Loosely place the lid on the filled pumpkin. Bake at 350d for one hour. Remove the lid, reduce heat to 300d and bake one more hour.

