# Creamy Spaghetti Squash Casserole

A cheesy, creamy layer of spaghetti squash topped with a flavorful spaghetti sauce with meat for a delicious baked casserole!
Yield:

16 servings
Ingredients:

2 medium-large spaghetti squashes (about 6 [packed] cups of cooked squash all together)
2 tablespoons butter
1 small-medium onion, chopped
2 cloves garlic, minced
1/2 green bell pepper, chopped
8 ounces cream cheese
8 ounces sour cream
1 teaspoon salt
1/8 teaspoon black pepper
1 teaspoon dried parsley flakes
8 ounces (2 cups) shredded mozzarella cheese
2 ounces (1/4 cup) shredded cheddar cheese, optional
8-12 ounces (about 1 1/4 to 2 cups) cooked ground beef
4 cups spaghetti sauce (can use a 26 ounce jar or a quart of homemade)
1/2 tablespoon sugar
1 teaspoon Italian seasoning
Instructions:

1.
In a large stock pot, put about 2-3 inches of water. Cover and bring to
a boil. Wash outside of squash, cut squash in half and place in the

stock pot of boiling water, flesh side down. Cover and boil for 15-20
minutes, until squash is tender.

2. Drain squash. Holding halves with a potholder, use a fork to scoop out the stringy “spaghetti”. Set aside.

3. In a large stock pot or saute pan, melt butter. Add onions, garlic, and bell peppers and saute until tender. Add squash and cook and
stir until heated through.

4. In a separate saucepan on low heat, melt the cream cheese. Add the
sour cream, salt, pepper, and parsley flakes, stirring to make a smooth
white sauce.

5. Stir the white sauce into the cooked squash mixture.

6. Grease a 9×13-inch baking dish. Spread the white squash mixture
evenly over the bottom of the pan. Spread about 1 1/2 cups of the
shredded mozzarella cheese over the squash.

7. In a large mixing bowl, combine the ground beef, spaghetti sauce,
sugar, and Italian seasoning. Spread over the layer of shredded cheese.
Top with the remaining shredded mozzarella cheese and cheddar cheese (if
using). Sprinkle with dried basil or oregano flakes for garnish if
desired.

8. Bake uncovered at 350 degrees (325 for glass dish) for 30-40 minutes, until casserole is hot and bubbly. Remove from oven and allow to cool slightly (10-15 minutes) before

serving.



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This recipe is from Tammy’s Recipes.