

# Nutrition Education

## Dinner in a Pumpkin

- 1 small pumpkin
- 1 onion, chopped
- 2 Tbsp. oil
- 1 ½ lbs. ground beef
- 2 Tbsp. soy sauce
- 2 Tbsp. brown sugar
- 1 four-ounce can sliced mushrooms, drained
- 1 can cream-of-chicken soup
- 1 ½ cups cooked rice
- 1 eight-ounce can sliced water chestnuts, drained

Cut the top of the pumpkin and thoroughly clean out the seeds and pulp. Paint a face on pumpkin if you desire. In large skillet, sauté onions in oil, add meat and brown. Drain drippings from skillet. Add soy sauce, brown sugar, mushrooms, and soup. Simmer 10 minutes, stirring occasionally. Add cooked rice and water chestnuts. Spoon mixture into the cleaned pumpkin shell. Replace pumpkin top and put pumpkin on baking sheet. Bake 1 hour or until the inside of the pumpkin is tender. Put cooked pumpkin on serving plate and serve. For your vegetable, scoop out cooked pumpkin and serve. Serves 6.