

# Acorn Squash Bowl

*This recipe makes about 16 cups*



## Ingredients

4 acorn squash  
1/2 cup panko bread crumbs  
1 tbsp parsley (preferably fresh)  
1 tsp garlic salt  
6 oz chopped mushrooms  
2/3 cup chopped onions  
1 clove garlic  
3 cups chopped kale  
2/3 cup raisins or currants  
1/4 cup soy sauce or tamari  
2 tbsp sherry or rice vinegar  
1 tbsp honey  
2 1/2 cups cooked wild rice  
vegetable broth for sauteing

## Directions:

1. Prepare the wild rice according to package instructions. This step may take some time, so start it early
2. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper
3. Remove the stems from the acorn squash, slice in half lengthwise, and scoop out the seeds and pith
4. Place the squash cut-side down on the baking sheet and bake for 25-30 minutes until tender
5. While the squash is baking, lightly toast the panko bread crumbs in a dry frying pan over medium heat until golden brown
6. Transfer the toasted panko to a small bowl and mix in the parsley and garlic salt. Set aside
7. In the same frying pan, add a small amount of vegetable broth and sauté the mushrooms, onions, and garlic for 5-6 minutes until soft. Add the kale and cook until it's wilted
8. Transfer the cooked vegetables to a large mixing bowl. Add the raisins, soy sauce, sherry, honey, and cooked wild rice. Stir until everything is evenly combined
9. Flip the cooked squash halves over and fill each cavity generously with the vegetable and rice mixture
10. Sprinkle the panko breadcrumb mixture over the top
11. Return stuffed squash to the oven and bake for an additional 15 minutes until filling is heated through
12. Remove from the oven and let cool slightly
13. Add parchment paper to your trays
14. Scoop the squash out of the skins and spread evenly onto your trays
15. Add dividers if using. We like the 10-portion setting
16. Pre Freeze when possible
17. Freeze dry (my cycle time was 38 hours)
18. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 2 divider portions or about 1 3/4 cups of freeze-dried squash to a bowl along with about 3/4 cup of boiling water. Cover for 5 minutes. Stir and enjoy.

**Notes:** Store this in meal-size portions for easy grab-and-go for road trips or camping

**Nutritional Value Per 2 divider portions or about 1 1/2 cups pre freeze-dried**

Calories 163 Carbohydrates 38 g Protein 4 g Fat 1 g Fiber 4 g Sugar 9 g

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