



Dinner in a pumpkin

- 1 med. Size pumpkin
- 1 onion
- 2 stalks of celery
- 1 small can of mushrooms
- 1 can cream of celery soup
- 1 1/2 lbs. lean ground beef
- 1 cup frozen baby peas
- 1 cup brown rice
- 2 tablespoons brown sugar
- 2 tablespoons soy sauce
- salt and pepper to taste

Cut top off pumpkin and clean out

In large pot sauté cut up onion and celery in small amount of oil. Add ground beef and let brown. Add cooked rice and add remaining ingredients into pot.

Put all cooked ingredients into pumpkin put lid on and bake in 400 degree oven for 1 1/2 hours or until pumpkin is done.

Serves 5 people.