

## Amish Hamburger with Fall Veggies Bake

This recipe stands out for several reasons:



**OVEN**  
**400°F**

**TIME**  
**15 min**

**METHOD**  
**Slow cooker**

**PRINT**  
**Recipe Card**

### INGREDIENTS

- 1 pound ground beef
- 2 cups butternut squash, diced
- 1 cup Brussels sprouts, halved
- 1 cup carrots, sliced
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- 1 teaspoon paprika
- Salt and pepper to taste
- 2 tablespoons olive oil

### DIRECTIONS

- 1.** Preheat the : Oven: Preheat your oven to 400°F (200°C). This ensures that your dish cooks evenly and thoroughly.
- 2.** SautØ the Vegetables: In a large skillet, heat the olive oil over medium heat. Add the chopped onion and minced garlic, sautØing until they become translucent, about 3-4 minutes. This step builds a flavorful base for your dish.
- 3.** Brown the : Beef: Add the ground beef to the skillet, breaking it apart with a spatula. Cook until browned, about 5-7 minutes. Season with salt, pepper, thyme, and paprika during this step to infuse the meat with flavor.
- 4.** Add the : Veggies: Stir in the diced butternut squash, halved Brussels sprouts, and sliced carrots. Mix well to combine all ingredients. Cook for an additional 5 minutes, allowing the vegetables to soften slightly.
- 5.** Bake: Transfer the mixture to a baking dish and spread it evenly. Cover with aluminum foil and bake in the preheated oven for 30 minutes. Remove the foil and bake for an additional 10-15 minutes, or until the vegetables are tender and slightly caramelized.

### TIPS FOR SUCCESS

**Experiment with Spices:** Feel free to add your favorite spices or herbs, such as rosemary or cumin, to give the dish a unique twist.

**Use Leftover Vegetables:** This recipe is perfect for using up any leftover vegetables you have in your fridge.

**Just chop them up and throw them in!**

**Make it Ahead:** You can prepare this dish a day in advance.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/amish-hamburger-with-fall-veggies-bake/>