

# SMOTHERED SWEET POTATOES

## INGREDIENTS

1 HOUR 4 SERVINGS

- 1 yellow onion, diced
- 2 cloves garlic, minced
- 1 Tbsp olive oil, or oil of choice
- 1 lb. lean ground beef\*
- 4 small, sweet potatoes
- 1 15oz. can diced tomatoes
- 3oz. tomato paste
- 1 15oz. can black beans
- 1 Tbsp chili powder
- 1/2 tsp dried oregano
- 1/2 tsp ground cumin
- 1 cup water or low sodium broth
- 1/2 cup of shredded carrots
- salt, to taste
- 1/4-1/2 cup reduced fat shredded cheddar cheese
- Pinch of cayenne pepper or hot sauce, optional
- Cilantro or green onions for garnish, optional



Adapted from: [budgetbytes.com](http://budgetbytes.com)

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## PROCEDURE

1. Preheat the oven to 400°F. Wash the sweet potatoes well, then prick the skins several times with a fork. Place the sweet potatoes on a baking sheet and bake for 60 minutes, or until soft.
2. Add the ground beef and olive oil to a large pot. Sauté the turkey over medium heat. Add the carrots, onions, and garlic to the pot and continue to sauté until the onions are soft and translucent.
3. Drain the beans and add them to the pot along with the diced tomatoes (with juices), tomato paste, chili powder, oregano, cumin, cayenne pepper, and water/broth. Stir to combine. Allow the chili to come up to a simmer, then reduce the heat and let simmer until the sweet potatoes have finished baking, stirring occasionally.
4. Once the sweet potatoes are finished baking, carefully slice each one open lengthwise and slightly mash the insides. Spoon about 3/4 cup chili over each potato, then top with 1-2 Tbsp shredded cheddar. Return the potatoes to the oven for a few minutes to melt the cheese. Top with cilantro or sliced green onions just before serving.

**\*NOTE: For a vegetarian option, sub beef for an extra can or two of beans.**



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