

sweet potato nachos

SERVES 8

RECIPE ADAPTED FROM: [Paleo Grubs](#)

COOK TIME: 1 hour

Sweet Potato Chips

3 medium sweet potatoes

2 Tbsp melted coconut or olive oil

½ tsp salt

Nacho Meat

1 medium yellow onion, finely diced

1 Tbsp olive oil

1 green chili, diced

1 lb lean ground beef, turkey or chicken

1-2 cloves garlic, minced

12 oz diced tomatoes, drained

1 Tbsp tomato paste

1 tsp smoked paprika

½ tsp ground cumin

½ tsp each salt and pepper

Garnish

3 Roma tomatoes, diced and seeded

2 Tbsp fresh cilantro, chopped

1-2 Tbsp lime juice

1-2 fresh avocados, chopped

2 Tbsp green onions, chopped

Store leftover chips in an airtight container and "refresh" if needed the next time you eat them. To refresh, place chips on a baking sheet and bake at 325°F for 5-8 minutes. This will take the moisture out and crisp them up beautifully! Watch them closely so they won't burn.

Sweet Potato Chips

PREHEAT oven to 375°F. Peel sweet potatoes and slice thinly using a mandolin or sharp knife.

TOSS chips in a large bowl with oil.

PLACE in a single layer on a rimmed baking sheet with parchment paper. Sprinkle with salt.

BAKE 10 minutes, flip over and bake another 10 minutes. Watch closely, pulling out any chips that start to brown, until all are cooked.

Nacho Meat

HEAT olive oil in a large skillet over medium heat. Add onion and green chili and sauté 3-4 minutes or until softened.

ADD ground beef and cook 4-5 minutes, stirring regularly.

ADD garlic, tomatoes, tomato paste, paprika, cumin, salt and pepper. Stir well to combine.

BRING mixture to a simmer and lower heat to medium-low.

COVER and cook 20-25 minutes; stir regularly.

STIR chopped tomatoes, lime juice and cilantro into nacho meat. Adjust salt and pepper, to taste and remove from heat.

FORM a large circle of sweet potato chips on a plate. Add nacho meat to the middle of the circle. Top with fresh avocado and green onions.

MAKE IT A MEAL: Serve with roasted vegetables or a side salad.

