

sweet potato sloppy joes

SERVES 6

RECIPE ADAPTED FROM: [Paleo Newbie](#)

COOK TIME: 2 hours

- 6 small or 3 large sweet potatoes
- 1½ lbs ground bison, grass-fed ground beef or free-range ground turkey
- ½ medium onion, chopped
- ½ medium red bell pepper, chopped
- ¼ cup celery, chopped
- 1 clove garlic, minced
- 1 tsp chili powder
- ½ tsp cumin
- ¼ tsp black pepper
- ¼ tsp sea salt
- 1 tsp honey or pure maple syrup (optional)
- 1 (14.5oz) can diced tomatoes, with liquids
- 1 (6oz) can tomato paste



PRE-PREP

BAKE sweet potatoes at 400°F for 75 minutes the night before or cook them in the crockpot all day.

MAIN PREP

COMBINE meat, onions, bell peppers, celery and garlic in a skillet.

COOK until meat is brown and vegetables are tender.

ADD spices, salt, pepper and honey or maple syrup (optional) to the skillet and stir.

POUR in diced tomatoes with liquids and tomato paste and stir.

SIMMER on low for about 15 minutes.

CUT sweet potatoes in half the long way about ⅔ of the way through and carefully smash the center of the sweet potato to create a bowl (you can scoop out a portion of the potato to form a little bowl and add it back on top once filled if you like).

FILL potato bowl with sloppy joe mixture or slice each potato into wedges and pour sloppy joe mixture over the top.

MAKE IT A MEAL: serve with a side salad and, if desired, fresh berries.