



Sloppy Joes over Sweet Potatoes

Way tastier and nutrition packed than your 1980s Manwich! Easy weekday lunch or dinner. Will take about an hour from start to finish. Serves 4-5.

Ingredients:

4 sweet potatoes, scrubbed	1 ¼ tsp kosher salt (less if regular salt)
2 T unsalted butter	½ tsp black pepper
1 finely diced yellow onion	1 ½ tsp paprika, regular or smoked
1 finely diced red bell pepper	¾ tsp ground cumin
Kernels from 2 cobs corn, or 1 can of corn	½ tsp dried oregano
2 cloves garlic, minced	¾ tsp dried mustard powder
1 lb grass-fed ground beef	1 T Worcestershire sauce
½ tsp baking soda	½ tsp hot sauce, like Frank's or Tabasco
14 oz can tomato sauce	
2 T tomato paste	

Method:

- Preheat your oven to 400F convection.
- On a parchment-lined pan, drizzle sweet potatoes with avocado oil and kosher salt
- Bake for 45 minutes or until tender.
- In a medium bowl, lightly mash the ground beef with the baking soda and let sit for 20-25 minutes to tenderize.
- Melt butter in a large stainless skillet and brown the yellow onion, red pepper, corn and garlic until softened, 4-6 minutes.
- Add beef, salt, pepper, paprika, cumin, oregano and dry mustard, breaking up with a potato masher or wooden spoon until the pinkness is gone, about 3 minutes.
- Add tomato sauce and tomato paste, Worcestershire sauce and hot sauce. Reduce heat and simmer uncovered until sauce thickens, about 10 minutes. Check seasonings and adjust if necessary. Cover with a lid until potatoes are ready.
- Slice potatoes in half and spoon sloppy joe mixture over.