

Ground Beef & Sweet Potato Skillet

Serves 4

Ingredients:

- 1 T extra-virgin olive oil
- 80 g red onion, diced
- 2 cloves garlic, minced (or 1½ tsp grated garlic)
- 450 g ground beef
- 2 medium cooked sweet potatoes (yaki imo), chopped (~350–400 g total flesh)
- 1 medium red bell pepper, chopped (about 120 g)
- ½ tsp salt
- ¼ tsp ground black pepper

Flavor Enhancements:

- 1½ Tbsp spice mix:
 - 1 tsp chili powder
 - ¾ tsp cumin
 - ¾ tsp garlic powder
- 1 can (about 240 g drained) kidney beans or black beans
- 2 eggs (optional: cook in the skillet and dot with sriracha to taste)
- 1 avocado, sliced
- 60 g plain Greek yogurt (about 2 T per person)



Instructions:

1. Heat **olive oil** in a large nonstick skillet over **medium heat**.
2. Add diced **onion** and **garlic**; sauté until softened and fragrant, **2–3 minutes**.
3. Add ground **beef** and cook, breaking it up with a spatula, until browned and no longer pink, **about 4–5 minutes**.
4. Stir in the **chili-cumin-garlic spice mix**, **bell pepper**, and drained **beans**. Cook for **2–3 minutes** until fragrant and peppers soften slightly.
5. Gently fold in chopped cooked **sweet potatoes**. Heat everything through, **2–3 minutes more**.
6. If using **eggs**, create 2 small wells in the mixture. Crack eggs into the wells, cover, and cook on low until eggs are just set (**about 4–6 minutes**). Dot with **sriracha**.
7. Serve warm, topped with **avocado slices** and a spoonful of **Greek yogurt**. Garnish with extra herbs or **green onion** if desired.

Nutritional Breakdown (per serving, approx. 1/4 of recipe):

Nutrient	Amount
Calories	475 kcal
Protein	28 g
Fat	26 g
• Saturated Fat	7 g
Carbohydrates	30 g
• Sugars	8 g
• Fiber	8 g
Sodium	~430 mg

Revised Nutritional Breakdown (without avocado and Greek yogurt):

Nutrient	Amount
Calories	~395 kcal
Protein	~26 g
Fat	~21 g
• Saturated Fat	~6 g
Carbohydrates	~25 g
• Sugars	~6 g
• Fiber	~6.5 g
Sodium	~390 mg