



OVERSTUFFED SWEET POTATOES

INGREDIENTS

14 oz. Plant-Based Ground
2 dinner size sweet potatoes
2 carrots, diced
 $\frac{1}{2}$ small, sweet onion, chopped
1 heirloom tomato, chopped
3 cloves garlic, minced
1 T red wine vinegar
Avocado oil for cooking
 $\frac{1}{4}$ t each: cumin, oregano, red pepper flakes

TIME: 56 mins (Prep Time 6 mins / Cook Time 50 mins) **SERVES:** 4 **TYPE:** Vegan

INSTRUCTIONS

- 1 Preheat oven to 425°F
- 2 Place a piece of foil on a baking sheet. Use a fork to poke holes into the sweet potatoes, set them on the baking sheet, and roast for 40-50 minutes. Do not cover, you want the outside roasted. Set aside.
- 3 Add avocado oil to frying pan to heat. Mix in diced carrots, onions, tomato, garlic, and the vinegar. Cook, while stirring, for 5 minutes. Add the ground and continue to cook for 4 minutes, add all spices. Be sure to mix well. Set aside.
- 4 Cut the potatoes in half, scoop out a portion of the warm potato and add it to the ground mixture and stir thoroughly.
- 5 Place generous portions of the mixture into each potato half.

QUICK TIP



For an added protein punch, add black beans to step 3...they're also delicious

Before
the butcher™