

# Sloppy Joe Baked Sweet Potatoes

## Cooking Instructions

1. Cook the sweet potatoes first: Poke holes all over the sweet potatoes with a fork, then cook them in the microwave for 7 to 10 minutes, in the slow cooker on low for 6 to 8 hours, or in the oven at 425 degrees for about 45 minutes or until tender.
2. Heat a medium skillet over medium-high heat. Add the meat and steak seasoning to the pan and cook, breaking up the meat into small pieces. Add the onion, garlic, carrots, mushrooms, and red peppers to the skillet. Reduce heat to medium and add red wine vinegar and Worcestershire sauce, then cook 4 to 5 minutes. Add tomato sauce, paste, and water to the skillet, then stir to combine. Cover, reduce heat to simmer, and cook until carrots are tender, about 15 to 20 minutes.
3. To serve, cut the sweet potatoes open, sprinkle with a pinch of salt, top each with ½ cup of meat, and garnish with chopped scallions.

## Recipe

- 4 medium sweet potatoes (about 7 oz. each), washed and dried
- ½ lb. 93% lean ground beef (or turkey)
- 1 teaspoon seasoned salt, such as Montreal Steak
- 1/3 cup chopped carrot
- 1/3 cup chopped onion
- 1/3 cup chopped mushrooms
- 2 tablespoons chopped red bell pepper
- 1 clove garlic, minced
- ½ tablespoon red wine vinegar
- ½ tablespoon Worcestershire sauce
- 8 oz. can tomato sauce
- 2 teaspoons tomato paste
- 1/3 cup water
- 1 chopped scallion, for garnish

## Grocery List (add additional toppings to this list as desired)

- |   |                                       |
|---|---------------------------------------|
| <input type="checkbox"/> Sweet potatoes                 | <input type="checkbox"/> Tomato sauce |
| <input type="checkbox"/> Ground beef or turkey          | <input type="checkbox"/> Tomato paste |
| <input type="checkbox"/> Seasoned salt (Montreal Steak) | <input type="checkbox"/> Scallion     |
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- |   |   |
|---|---|
| <input type="checkbox"/> Carrot               | <b>Source:</b>  |
| <input type="checkbox"/> Onion                | <a href="https://www.skinnytaste.com/sloppy-joe-baked-sweet-potatoes/">https://www.skinnytaste.com/sloppy-joe-baked-sweet-potatoes/</a> |
| <input type="checkbox"/> Mushrooms            |   |
| <input type="checkbox"/> Red bell pepper      |   |
| <input type="checkbox"/> Garlic clove         |   |
| <input type="checkbox"/> Red wine vinegar     |   |
| <input type="checkbox"/> Worcestershire sauce |   |