

Sweet Potato Sloppy Joes

Adapted from: [Paleo Newbie](#)

Makes 6 Servings

Ingredients

- 6 small or 3 large pre-baked sweet potatoes or yams
- 1 ½ lbs of 100% ground bison, grass-fed ground beef or free range ground turkey
- ½ medium onion, chopped
- ½ medium green bell pepper, chopped
- ½ medium red bell pepper, chopped
- ¼ cup of celery, chopped
- 1 clove of garlic, minced
- 1 tsp chili powder (original recipe called for 1 Tbsp)
- ½ tsp cumin (original recipe called for 1 tsp)
- ¼ tsp black pepper
- ¼ tsp sea salt
- 1 tsp honey or pure maple syrup (opt.)
- 1 (14.5 oz) can of diced tomatoes, with liquids
- 1 (6 oz) can of tomato paste



Directions

Pre-prep (night before or day of dinner):

1. Pre-bake the sweet potatoes at 400° for 75 minutes the night before or cook them in the crockpot all day.

Main Prep

1. Combine the meat, onions, bell peppers, celery and garlic in a skillet and cook until meat is brown and vegetables are tender.
2. Add the spices, salt, pepper and maple syrup or honey (opt.) to the skillet and stir thoroughly.
3. Pour in the can of diced tomatoes with liquids and the tomato paste. Stir.
4. Simmer all together on low for about 15 minutes.
5. Cut sweet potatoes in half the long way about 2/3 of the way through and carefully smash the white center of the sweet potato to create a bowl (you can scoop out a portion of the sweet potato to form a little bowl and add it back on top once filled if you like). Fill the potato bowl with the sloppy joe mixture. Or, slice up each sweet potato into wedges and pour sloppy joe mixture over the top. Enjoy!

Nutrition Information per Serving (including one small or ½ large sweet potato, using lean ground bison):

Calories: 308, Protein: 27gm, Carbs: 32gm, Fiber: 7gm, Total Fat: 8.5gm, Saturated Fat: 3gm, Trans Fat: 0gm, Cholesterol: 62mg, Sodium: 467 mg