

Sweet Potato Nachos

Makes 8 servings

Adapted from: [Addictive & Healthy Paleo Nachos](#) by Rebecca Bohl



Ingredients for the sweet potato chips:

3 medium sweet potatoes
3 Tbsp melted coconut oil or olive oil
½ tsp salt

Ingredients for the meat:

1 medium yellow onion, finely diced
1 Tbsp olive oil
1 green chili, diced
1 lb. 90/10 lean ground beef (preferably grass fed)
1-2 cloves garlic, minced
1 tsp smoked paprika
½ tsp ground cumin
1 Tbsp tomato paste
12 oz. canned diced tomatoes (spicy or mild) - drained
½ tsp salt
½ tsp pepper

Ingredients for the garnish:

3 Roma tomatoes, diced and seeded
2 Tbsp fresh cilantro, chopped
1-2 Tbsp lime juice
1-2 fresh avocados – chopped
2 Tbsp green onions, chopped

Nutrition Information per Serving: Calories: 290, Total Fat: 18gm, Saturated Fat: 4gm,
Cholesterol: 35mg, Sodium: 450mg, Carbs: 19gm, Fiber: 6gm, Protein: 14gm

Sweet Potato Chips

Ingredients

- 3 medium sweet potatoes
- 3 Tbsp melted coconut oil or olive oil
- ½ tsp salt

Directions

1. Preheat the oven to 375 degrees F.
2. Peel the sweet potatoes and slice thinly, using either a mandolin or sharp knife (use the thinness slicer blade on your mandolin).
3. In a large bowl, toss sweet potato slices with coconut oil or olive oil.
4. Place the chips in a single layer on a rimmed baking sheet covered with parchment paper. Sprinkle with salt.
5. Bake in the oven for 10 minutes, then flip the chips over and bake for another 10 minutes.
6. For the last ten minutes, watch the chips closely and pull off any chips that start to brown, until all of the chips are cooked.



Chef's Notes About the Chips:

1) It can be tricky to get these chips crisp without burning them. If you find your chips burning, you can lower the oven temperature to 350 and cook them a little longer.

2) Refreshing Day-Old Chips

These chips can become limp after a few hours or overnight, so if you have leftovers, place them in a freezer-strength zip top bag and “refresh” them, if needed, the next time you eat them.

To refresh, place the chips on a baking sheet and put them into a preheated 325 degree F oven for about 5 – 8 minutes. This takes the moisture out and crisps them up beautifully. Watch them closely so they won't burn. They will become a little darker than before but they are still delicious!

Nacho Meat

Ingredients

1 medium yellow onion, finely diced	½ tsp ground cumin
1 Tbsp olive oil	1 Tbsp tomato paste
1 green chili, diced	12 oz canned diced tomatoes, (spicy or mild) - drained
1 lb. 90/10 lean ground beef (preferably grass fed)	½ tsp salt
1- 2 cloves garlic, minced	½ tsp pepper
1 tsp smoked paprika	

Directions

1. Heat the olive oil in a large skillet over medium heat. Add the onion and chili pepper to the pan and sauté for 3-4 minutes until softened.
2. Add the ground beef and cook for 4-5 minutes, stirring regularly.
3. Add the garlic, diced canned tomatoes, tomato paste, and remaining spices and stir well to combine.
4. Bring the mixture to a simmer and then turn the heat down to medium-low. Cover and cook for 20-25 minutes, stirring regularly.

Nacho Assembly and Garnish

Ingredients

3 Roma tomatoes, diced and seeded
2 Tbsp fresh cilantro, chopped
1-2 Tbsp lime juice
1-2 fresh avocados, chopped
2 Tbsp green onions, chopped

Directions

1. Stir the chopped tomatoes, lime juice, and cilantro into the beef mixture.
2. Adjust salt and pepper to taste. Remove from heat.
3. To assemble the nachos, form a large circle with the sweet potato chips on a platter. Add the beef mixture into the middle of the circle, and then top with fresh avocado and green onions.