

## **Sweetpotato Beef Taco Skillet**

Makes 2-4 servings

2-4 Tbsp Olive oil  
1lb Ground beef  
1 medium onion, diced  
2 cloves garlic, minced  
1 large sweetpotato, cubed  
½ cup chicken broth  
14-15 oz can tomatoes (fire roasted preferred or plain)  
1 Tbsp chili powder  
1 tsp ground cumin  
1 tsp salt  
1 tsp pepper  
¼ tsp dried oregano  
½ tsp each: Garlic powder, Paprika, Onion powder  
1 cup shredded cheddar cheese

**Optional toppings:** sour cream, shredded cheese, cilantro, pickled red onions, lime wedges, sliced jalapeno, tortilla chips.

### **Quick pickled red onions:**

1 large red onion; peeled and very thinly sliced  
¾ cup apple cider vinegar  
¼ cup water  
1 teaspoon fine sea salt  
1-2 tablespoons honey or sugar

### **Quick pickled red onion instructions:**

Combine vinegar, water, salt and sugar in a skillet and heat to a boil. Place onions in a mason jar and cover with vinegar mixture. Let cool, place a lid and top on the jar and set in the refrigerator. Best enjoyed after 4-6 hours or overnight.

In a large skillet, heat oil and brown ground beef until cooked through or to an internal temperature of 160F. If preparing pickled onions, prepare them while beef is cooking. Once beef is almost cooked through, add in onion and cook until onion is tender, stirring frequently to avoid burning. Add in garlic, seasonings and stir once, until fragrant. Remove beef mixture from pan, drain, reserving 1-2 Tbsp of grease and set aside. If no grease is able to be reserved, add 1-2 more Tbsp olive oil back to the pan and bring to medium high heat. Add sweetpotatoes and chicken broth to the pan and stir. Cook potatoes until almost fork tender and then add in canned tomatoes to the mixture. Bring to a boil and allow the mixture to bubble for around 5 minutes. Add the ground beef and onion mixture back to the skillet and stir well to combine. Turn off heat and top with shredded cheese and cover 1-2 minutes to allow cheese to melt. Plate into individual servings and let cool before placing in the refrigerator. Serve with suggested toppings for a complete meal!