

# SWEET POTATO BEEF BOWLS

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Ingredients (Makes 2-4 servings)

Baked Sweet Potatoes:

- 1 medium sweet potatoes, chopped into small cubes (~2 cups)
- 1 tbsp olive oil
- ½ tsp cinnamon
- ½ tsp paprika
- ½ tsp garlic powder
- ½ tsp salt (or to taste)
- 1 tsp all-purpose seasoning (optional)

Pickled Onions:

- 1 medium red onion, finely sliced
- ½ cup water
- ½ cup vinegar (white or apple cider)
- ½ tbsp sugar (optional)
- 1 tsp salt

Creamy Cilantro Sauce:

- ½ cup raw cashews
- ⅓ cup water
- 1 garlic clove
- ½ tsp salt
- 2 tbsp lime juice (or juice of 1 lime)
- 1 cup cilantro (gently packed)

Other Ingredients:

- ½ cup shelled edamame
- 1 lb lean ground beef
- 1 tsp all-purpose seasoning (or seasoning of choice)
- Salt to taste (after cooking the beef)

## Nutritional Information

- Calories: ~410 kcal
- Protein: ~35g
- Carbohydrates: ~33g
- Fats: ~18g
- Fibre: ~6g

Optional Toppings:

- Avocado
- Sliced cucumber
- Shredded carrot
- Crumbled feta cheese
- Cherry tomatoes, halved
- Sauerkraut or kimchi
- Cubed mango
- Green onion

(Per Serving estimates based on 4 servings without optional toppings)

## Instructions

### 1. Roast the Sweet Potatoes:

- Preheat the oven to 400°F (200°C).
- In a medium bowl, toss the cubed sweet potatoes with olive oil, cinnamon, paprika, garlic powder, salt, and all-purpose seasoning (if using).
- Spread evenly on a parchment-lined baking sheet.
- Bake for 25 minutes or until tender (longer for crispier edges).

### 2. Make the Pickled Onions:

- Add sliced red onion to a mason jar or container.
- In a separate bowl, mix water, vinegar, sugar (if using), and salt.
- Pour the mixture over the onions, shake, and let sit for at least 15 minutes. (Stores in the fridge for up to 2 weeks.)

### 3. Prepare the Creamy Cilantro Sauce:

- Blend cashews, water, garlic, salt, lime juice and cilantro until smooth.
- Store in the fridge for up to 1 week.

### 4. Cook the Edamame:

- Boil shelled edamame in water for 3-5 minutes until tender.
- Drain and set aside.

### 5. Cook the Ground Beef:

- Heat a pan over medium heat and cook the ground beef until the liquid is absorbed and beef is browned.
- Season with all-purpose seasoning.
- Add salt to taste after cooking.

### 6. Assemble the Bowl:

- Divide roasted sweet potatoes, cooked beef, pickled onions, edamame, and any optional toppings into bowls.
- Drizzle with creamy cilantro sauce.
- Enjoy!

## Notes:

- The all purpose seasoning I use is a blend of onion, black pepper, garlic, parsley, celery seed, tomato powder, basil, thyme, oregano, sage & coriander so you could use any combination of those