

Southwest Beef and Sweet Potato Skillet

Meal course: Dinner

Meal type: Meat

Country of origin: America

Difficulty: Medium

Servings: 4

Total time: 30 minutes

Ingredients

1/4 TSP mild chili powder
 3 TBSPs olive oil, divided
 1 can chickpeas, undrained
 500g beef fillet, sliced
 60ml water
 1 TSP kosher salt, divided
 1/2 TSP ground cumin
 400g sweet potato, chopped into cubes
 1/2 TSP garlic powder
 1 onion, sliced

Optional toppings

fresh cilantro
 avocado, sliced
 hot sauce

Nutrition Facts

	Amount per serving
Calories	435
Total Fat	19.6g
Saturated Fat	3.7g
Cholesterol	92mg
Sodium	1013mg
Total Carbohydrate	33g
Dietary Fiber	7g
Total Sugars	1g
Protein	33g
Vitamin D	4IU
Calcium	81mg
Iron	5.22mg
Potassium	1090mg

Instructions

1. Preheat a TBSP of oil in a large skillet. Add in beef and season with half TSP of salt. Stir-cook for about 8 minutes, until beef is cooked through, stirring occasionally and breaking into small pieces. Once done, remove beef and set it aside.
2. Add remaining 2 TBSPs of oil to the same skillet and add onion and chopped sweet potatoes. Sprinkle with 1/4 TSP mild chili powder and 1/2 TSP of each salt, ground cumin, and garlic powder. Stir well, then add in water and chickpeas. Stir again, scraping down the brown bits from bottom of skillet.
3. Turn down the heat and cook for 10 to 15 minutes, until potatoes are fork tender, covered. If the skillet is to dry, add more water.
4. Add in cooked beef. Cook for a minute, adding a bit of water, if needed.
5. Stir in juice of 1 lime and adjust the salt, if desired.
6. Serve with your favorite toppings.

Notes: you can use turkey or chicken meat instead of beef and also serve it on buns or bread instead of lettuce leaves. The recipe is dairy free, high in protein and low in carbs.