

Ground Beef and Sweet Potato Skillet

RY RENEWED YOU
WELLNESS CHALLENGE



Preparation: 10 minutes | Cooking: 20 minutes | Servings: 4

Ingredients:

- 1 pound lean ground beef
- 2 medium sweet potatoes, scrubbed and diced
- 2 medium green bell peppers, chopped
- 2 cloves garlic, minced
- $\frac{1}{2}$ medium red onion, diced
- 1 tablespoon extra-virgin olive oil
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground pepper

Instructions:

Heat 1 tablespoon of oil in a large cast-iron skillet over medium heat. Add the diced onion and minced garlic; cook until softened, 2 to 3 minutes. Add the ground beef and cook, stirring occasionally and breaking it apart, until no longer pink, about 2 to 3 minutes. Stir in the diced sweet potatoes, chopped bell pepper, $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper. Cover and cook, stirring occasionally, until the sweet potatoes are tender, 10 to 12 minutes. Serve and enjoy!