

BEEFY SWEET POTATO MASH-UP

This mash-up combines lean ground beef with diced sweet potatoes and taco seasoning. It's a Mexican spin on a traditional hash. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.



COOK TIME: 35 MINUTES | **SERVINGS:** 4

INGREDIENTS

- 1 pound Ground Beef (96% lean)
- ½ cup water, divided
- 4 teaspoons taco seasoning mix, divided
- 1 large sweet potato, cut into ½-inch cubes (about 2½ cups)
- 1½ cups diced yellow onions
- 1 tablespoon vegetable oil
- ¼ cup plain nonfat Greek-style yogurt
- ½ teaspoon hot pepper sauce
- 2 tablespoons chopped fresh cilantro leaves
- 8 small corn tortillas (6 to 7 inch-diameter), warmed (optional)



COOKING

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into ½-inch crumbles and stirring occasionally. Remove drippings. Stir in ¼ cup water and 2 teaspoons taco seasoning; cook 3 minutes. Remove from skillet; keep warm.

Cook's Tip: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.

2. Combine sweet potatoes, onions, remaining ¼ cup water and remaining 2 teaspoons taco seasoning in same skillet. Bring water to a boil. Reduce heat; cover and simmer 10 minutes, stirring once. Remove lid; stir in oil; continue cooking, uncovered, 4 to 6 minutes or until potatoes are tender and begin to brown, stirring frequently. Return beef mixture to skillet; continue to cook 2 to 4 minutes or until heated through, stirring occasionally.
3. Meanwhile, combine yogurt and hot sauce, as desired, in small bowl.
4. Evenly divide beef mixture into tortillas. Garnish with cilantro and serve with yogurt mixture, as desired.

Nutrition information per serving: 377 Calories; 94.5 Calories from fat; 10.5g Total Fat (3.3 g Saturated Fat; 3.3 g Monounsaturated Fat); 76 mg Cholesterol; 174 mg Sodium; 40.2 g Total Carbohydrate; 5.4 g Dietary Fiber; 30.9 g Protein; 4 mg Iron; 7.8 mg NE Niacin; 0.7 mg Vitamin B₆; 2.5 mcg Vitamin B₁₂; 6.9 mg Zinc; 20.1 mcg Selenium; 91.2 mg Choline. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Dietary Fiber, and Choline.

For more information on safe food handling and beef safety, see:
BeefItsWhatsForDinner.com/cooking/food-safety