

Sloppy Joe Sweet Potatoes

- 4 small sweet potatoes
- 1lb. ground turkey
- 1 TBSP Olive Oil
- ½ green bell pepper
- 1 medium yellow onion
- 1 clove garlic
- 1 15oz. can of diced tomatoes
- 1 6 oz. can of tomato paste
- 1 TBSP chili powder
- 1 ½ tsp Worcestershire sauce
- ¼ tsp red pepper flakes
- 2 TBSP honey or ½ packet stevia
- ½ tsp sea salt
- ½ tsp black pepper

Preheat oven to 375 degrees- Clean sweet potatoes and cook for 25 to 30 or until a fork goes through center easily.

In the meantime dice yellow onion, green bell pepper and minced the clove of garlic. Add 1 TBSP of Olive oil to large high sided fry pan and cook peppers, onions and garlic for approx. 5 minutes on medium-high until the onions are translucent. Add ground turkey and cook until meat is browned and just cooked through. Add the diced tomatoes and 7 remaining ingredients. Let simmer on medium-low for approx. 10 minutes. Spoon over cut open sweet potatoes.

Calories 459, 16 g Fat, 42 g Carbs, 37g Protein