



# Sloppy Joe Baked Sweet Potatoes

## Ingredients List

4 medium sweet potatoes, washed and dried  
½ lb 93% lean ground beef  
1 tsp seasoned salt  
1/3 cup chopped carrot  
1/3 cup chopped onion  
2 tbs chopped red bell pepper  
1 clove of garlic, minced  
½ tbs red wine vinegar  
½ tbs Worcestershire sauce  
8 oz can tomato sauce  
2 tsp tomato paste  
1/3 cup water



## Directions

1. Cook sweet potatoes by poking holes all over with a fork, then cook in microwave 7 to 10 minutes
2. Heat a medium skillet over medium high heat. Add the meat and steak seasoning to the pan and cook, breaking it up into small pieces. Add the onion, garlic, carrots, and red peppers to the skillet. Reduce heat to medium and add red wine vinegar and Worcestershire sauce, cook 4 to 5 minutes.
3. Add tomato sauce, paste, and water to the skillet, stir to combine. Cover and reduce heat to simmer and cook until carrots are tender, about 15 to 20 minutes.
4. To serve, cut sweet potatoes open, sprinkle with a pinch of salt and top each with ½ cup of meat.