



## PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

### TACO STUFFED SWEET POTATOES

1 pound lean ground beef	1 cup chunky salsa
1 medium onion, chopped	¼ - ½ cup water
2 cloves garlic, minced	4 medium sweet potatoes, about 12-14 ounces each
1 packet taco seasoning	

*Toppings (optional):* shredded Mexican cheese blend, diced tomatoes, diced avocado or guacamole, sour cream

1. Brown ground beef, chopped onion, and garlic in a large skillet over medium high heat. Drain grease and add taco seasoning and salsa.
2. Reduce heat to medium low and cook for about 5 minutes until mixture has thickened and heated through. Add up to ½ cup of water to achieve desired consistency.
3. While the meat is cooking, poke holes all over the sweet potatoes and cook in the microwave for 8-10 minutes on high, turning sweet potatoes over once halfway through. If potatoes are not soft enough, continue cooking 1 – 3 minutes more. Recommended to cook 2 potatoes at a time, but if microwave allows, you could cook all four at once. Allow sweet potatoes to cool slightly, then slice them lengthwise and fluff the insides with a fork.
4. Spoon the cooked taco meat over the sweet potatoes and add desired toppings such as shredded cheese, diced tomatoes, avocado, guacamole or sour cream.

Makes 4 servings.

*Recipe by: Ashlyn Edwards*

*belleofthekitchen.com*