

## ***SWEET POTATO AND PINEAPPLE BEEF BOWLS WITH MANGO AVOCADO SALSA***

### **Sweet Potato Ingredients**

3-4 large sweet potatoes, cut into 1-inch pieces  
2 tablespoons olive oil  
½ teaspoon salt

### **Pineapple Beef Ingredients**

1 tablespoon olive oil  
1 pound lean ground beef (grass-fed if possible)  
1 can 8-oz crushed pineapple  
1 teaspoon cumin  
1 teaspoon garlic powder  
1 teaspoon mild chili powder  
½ teaspoon salt

### **Salsa Ingredients**

1 large mango, diced  
2 avocados, diced  
1 lime, juiced  
¼ cup cilantro  
¼ teaspoon salt

### **Remaining Ingredients**

5 oz baby spinach  
Hot sauce (optional)

### **Make the Sweet Potatoes**

1. Heat the oven to 400 degrees.
2. Toss the sweet potatoes, 2 tablespoons olive oil, and ½ teaspoon salt together on a sheet pan.
3. Roast for 15 minutes, flip the potatoes, then roast an additional 15 minutes or until golden brown and tender.

### **Make the Pineapple Beef**

4. Heat 1 tablespoon olive oil in a large saute pan. Add the beef, stirring to break into chunks. Sprinkle with cumin, garlic powder, mild chile powder, and ½ teaspoon salt. Saute 5-8 minutes or until the beef is browned and cooked through. Drain any extra fat, then add the pineapple and stir to combine. Turn the heat to low until ready to serve.

### **Make the Avocado Mango Salsa**

5. Combine the mango, avocado, lime juice, cilantro, and salt in a large bowl. Stir to combine.

### **Assemble the Bowls**

Place the spinach, pineapple beef, and sweet potatoes in a bowl. Top with the mango avocado salsa and hot sauce to taste.

Serves 4 | PER SERVING: 1 Green .5 Purple 1 Red 1 Yellow .5 Blue 1 tsp.