JANE SMITH LIFESTYLE • RECIPE CARD

Smoky Beef & Sweet Potato Rice Bowls

with roasted peppers and avocado-lime sauce



YIELD: 2 servings • PREP: 15 minutes • COOK: 25 minutes

INGREDIENTS

- 1 medium sweet potato (about 10 oz), peeled and cut into ¾-inch cubes
- 1 red bell pepper, sliced
- 1 tbsp olive oil, divided
- ¾ tsp kosher salt, divided
- ½ tsp smoked paprika, divided
- ¼ tsp black pepper
- 12 oz 93% lean ground beef
- 1 tsp chili powder
- ½ tsp ground cumin
- ½ tsp garlic powder
- 1½ cups cooked jasmine or brown rice
- ½ medium avocado
- ■ cup cottage cheese
- 1 tbsp fresh lime juice
- 1–2 tbsp water

DIRECTIONS

1. Heat the oven to 425°F. Toss the sweet potato and bell pepper with 2 tsp olive oil, ¼ tsp salt and ¼ tsp smoked paprika. Spread on a lined sheet pan and roast until tender and browned, 20–24 minutes, turning once.
2. While the vegetables roast, heat the remaining 1 tsp oil in a skillet over medium-high. Add the beef, chili powder, cumin, garlic powder, remaining ¼ tsp smoked paprika, ¼ tsp salt and black pepper. Cook, breaking up the beef, until browned and cooked through, 7–9 minutes.
3. Blend the avocado, cottage cheese, lime juice, water and remaining ¼ tsp salt until smooth. Add the water gradually so the sauce stays thick enough to spoon.
4. Divide the rice between two bowls. Add the smoky beef, roasted sweet potato and peppers, then spoon the avocado-lime sauce over the top.

JANE’S NOTE

Roast the vegetables in a single layer so the sweet potato caramelizes instead of steaming. The avocado sauce gets its protein from cottage cheese and its creaminess from avocado.

MAKE-AHEAD & STORAGE

Refrigerate the rice, beef and vegetables together for up to 3 days. Store the sauce separately and press plastic wrap directly against its surface to limit browning.