



**GREEN
CHEF**

BEEF & SWEET POTATO TACO SKILLET

bell pepper, tomato salsa, chipotle aioli

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

820

NET CARBS PER SERVING

31 GRAMS

MENU

PALEO // GLUTEN-FREE

Think you can't create a hearty and flavorful feast with just one skillet and 25 minutes? Think again! Here, the taco fillings you love are transformed into a savory bowl with layers of flavor and texture. Ground beef, sweet potatoes, and red bell pepper (seasoned with a bold blend of chili, cumin, and paprika) are sautéed with tomato paste for savory-sweet depth. It's all topped with a bright tomato salsa, creamy chipotle aioli, and crunchy toasted pepitas for bite after bite of taco-inspired deliciousness.

INGREDIENTS (9 ITEMS)

½ oz **Pepitas**
1 unit **Red bell pepper***
1 whole **Yellow onion**
10¼ oz **Sweet potatoes**
10 oz **Ground beef****
1½ oz **Tomato paste**
¾ tsp **Chili, cumin & paprika blend**
2¾ oz **Tomato salsa with cilantro**
2½ oz **Chipotle aioli with lime** **E**

WHAT YOU'LL NEED

large sauté pan
measuring spoons
cooking oil
salt & pepper

ALLERGENS

E EGGS



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

*Due to the varying nature of organic produce, we may have sent a larger bell pepper than needed.
**Ground beef is fully cooked when it's no longer pink.

Wash and dry fresh produce. Wash hands and surfaces after handling raw meat. Consuming raw or undercooked meat may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1

PREP

- Roughly chop **pepitas**.
- Cut **red bell pepper*** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.**
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Medium dice remaining half into pieces, about ½ inch each.

**The ingredient you received may be a different color.*

***Use enough bell pepper to match the size of a softball, saving the rest for another day. If you have a food scale, use 12 ounces to stay under 35 grams of net carbs per serving.*

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2

TOAST PEPITAS

- Place **pepitas** in a dry large sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **pepitas** to a plate.

3

START SKILLET

- Heat about 1½ tablespoons cooking oil in pan used for pepitas over medium heat. Add **sweet potatoes** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 8-10 minutes, or until sweet potatoes begin to soften, stirring occasionally.

4

ADD BEEF & VEGGIES

- Add **ground beef, bell pepper, onion, and tomato paste** to pan. Season with **chili, cumin, and paprika blend**, about ¼ teaspoon salt, and a pinch of pepper. Cook 4-6 minutes, or until beef is fully cooked and veggies are tender, breaking up **beef** into pieces and stirring occasionally.
- Remove from heat.

5

FINISH SKILLET

- Add about half of the **tomato salsa with cilantro** to pan. Stir to combine. Season with salt and pepper to taste.

6

PLATE YOUR DISH

- Divide **beef and sweet potato taco skillet** between bowls. Top with remaining **tomato salsa**. Drizzle with **chipotle aioli with lime** to taste. Garnish with **pepitas**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (477g)

Amount per serving

Calories 820

	% Daily Value*
Total Fat 60g	77%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 130mg	43%
Sodium 1350mg	59%
Total Carbohydrate 38g	14%
Dietary Fiber 7g	25%
Total Sugars 14g	
Includes 2g Added Sugars	4%
Protein 33g	
Vitamin D 0mcg	0%
Calcium 108mg	8%
Iron 6mg	35%
Potassium 954mg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Ground Beef [beef], **Sweet Potatoes**, **Bell Peppers**, **Yellow Onion**, **Pepitas** [pumpkin seed kernels], **Tomato Paste** [tomato paste, citric acid], **Chipotle-Lime Aioli** (Avocado Oil Mayonnaise [avocado oil, organic eggs, organic egg yolks, organic vinegar, sea salt, organic rosemary extract], Lime Juice [lime], Agave [organic agave syrup], Ground Chipotle Pepper, Ancho Chili Powder, Sea Salt), **Tomato-Cilantro Salsa** (Diced Tomatoes [organic tomatoes, organic tomato juice, sea salt, calcium chloride, citric acid], Cilantro, Red Onions, Parsley, Lime Juice [lime], Sea Salt, Red Wine Vinegar [aged red wine vinegar], Black Pepper), **Chili, Cumin & Paprika Blend** (Smoked Paprika, Sweet Paprika, Ground Cumin, Dried Oregano, Ground Coriander, Granulated Garlic, Chili Powder)

Allergen information:

Contains Egg

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.