

THE SWEET POTATO EDIT / VOL. 002

Smothered Beef Meatballs & Baked Sweet Potato

Nº 002 / 55-70 MIN / 2 SERVINGS

THE INGREDIENTS

- 1 lb 90/10 ground beef
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp paprika
- ¼ tsp black pepper
- ½ tsp seasoned salt, or to taste
- Pinch of cayenne (optional)
- 1-2 tbsp all-purpose flour
- 1½-2 cups beef broth
- 2 medium sweet potatoes
- 1-2 tsp avocado oil, plus a little for the skillet if needed
- Garlic salt and parsley, to taste
- 2 cups frozen mixed vegetables

THE METHOD

1. Heat oven to 400°F. Pierce sweet potatoes with a fork, coat lightly with avocado oil and garlic salt, and roast 45-60 minutes until tender. Split and finish with parsley.
2. Combine beef with garlic powder, onion powder, paprika, pepper, seasoned salt, and optional cayenne. Form into evenly sized meatballs; no egg or breadcrumbs needed.
3. Sear the meatballs in a hot skillet, turning to brown all sides. Cook until nearly done, then transfer to a plate. Keep the rendered beef fat and browned bits in the pan.
4. If needed, adjust to roughly 1-2 tbsp fat in the skillet. Stir in the flour and cook 1-2 minutes, scraping up the fond. Gradually whisk in beef broth until smooth.
5. Return meatballs to the skillet and simmer gently until the gravy thickens and the beef reaches 160°F internally. Adjust seasoning to taste.
6. Steam frozen mixed vegetables until hot and tender, then season with garlic salt. Serve with the baked sweet potatoes and meatballs.

EDITOR'S NOTE For a richer sweet potato, add a small pat of butter after splitting it open. Season the gravy gradually—the broth and seasoned salt both contribute salt.