



1 1/2 pound chuck roast, cut into very small cubes OR 1 1/2 pound ground beef

1 large yellow onion, finely chopped

4 garlic cloves, minced

1/2 green bell pepper, finely chopped

1 jalapeño pepper, seeded and finely chopped (optional)

4 large tomatoes, peeled and chopped

2 tablespoons chopped parsley

1 tablespoon dried oregano

1 teaspoon ground cumin

2 tablespoons tomato paste

2 cups beef broth

1/2 cup thawed frozen peas

1/2 cup thawed frozen diced carrots

3 hard boiled eggs, sliced

8 Kalamata olives, seeded and quartered

6 large sweet potatoes

2 tablespoons butter

2 tablespoons brown sugar

Olive oil

Salt & Pepper



Scrub the sweet potatoes and place them in a large pot. Cover with water, bring to a boil, cover, reduce heat and simmer for 25 to 30 minutes - or until potatoes are cooked and soft. Remove the sweet potatoes from the water, cool, peel and mash. Set aside.

While the sweet potatoes are cooking, heat a large skillet with some olive oil. Season the diced meat generously with salt and pepper. Add the meat to the pan and cook, stirring occasionally, until meat is browned. Drain excess fat and set aside.

Wipe the skillet and add some more olive oil. Heat. Add the onions and cook for approximately 10 minutes, stirring occasionally until onions are lightly browned. Add the garlic and cook for about one minute, until fragrant. Add the bell pepper, jalapeño, tomatoes, parsley, oregano and cumin. Dissolve the tomato paste in the beef broth and add to the pan. Return the browned meat. Add the peas and carrots. Mix well and bring to a simmer. Cook for 15 to 20 minutes.

Preheat the oven to 350 degrees. Add the meat to a casserole dish. Layer with the sliced eggs and Kalamata olives.

Cover with the mashed sweet potatoes. Place small pieces of butter on top and sprinkle with the brown sugar. Place in oven and cook for 35 to 40 minutes until meat saude is bubbly and top is lightly browned.

Remove from oven and allow sitting for about 5 minutes. Serve and enjoy!

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