



## Sweet Potato & Meat Casserole

3 to 4 large sweet potatoes – boiled, peeled and mashed (about 3 cups)  
2 hardboiled eggs - peeled  
1 medium onion – finely chopped  
2 garlic cloves – minced  
1 small chili pepper – membrane and seeds removed – finely chopped  
1 TBS finely chopped bell pepper  
1 TBS finely chopped parsley  
¾ pound finely cubed beef OR ground beef  
1 TBS tomato paste  
3 tomatoes – peeled and finely chopped Or 1-15 oz. can diced tomatoes  
1 TBS crushed dried oregano  
1 cup chicken broth  
Salt/ Pepper/ Olive Oil  
Raisins and black olives - optional

Preheat oven to 350 degrees.

Heat a skillet with some olive oil. Add the onion and cook for about 8 minutes until soft and translucent. Add the garlic and cook for about one minute. Add the chili pepper, bell pepper and parsley. Mix well. Add the tomato paste and mix. Add the tomatoes and the chicken broth. Add the oregano and season with salt and pepper. Bring to a simmer and cook for about 20 minutes. If using raisins, add them now.

Place the cooked beef into a casserole dish. Layer the sliced egg and olives (if using) on top of the meat. Top with the mashed sweet potatoes.

Bake for about 30 minutes until top is browned and meat is bubbly.