

# Beef & Sweet Potato Enchilada Filling

*This recipe makes 12 cups of enchilada filling*



## Ingredients

**3-4 lbs** sweet potatoes  
**2** onions  
**2 tbsp** vegetable broth  
**20** cloves garlic or **10 tsp** diced  
**1 lb** lean ground beef  
**6 tsp** cumin  
**4 tsp** chili powder  
**1 tsp** salt  
**2** limes, juiced or **3-4 tbsp** lime juice  
**3** avocados

## Optional

**2 cups** shredded cheddar cheese

## Directions:

1. Cube the sweet potatoes into small pieces and place them in a steaming basket inside an Instant Pot. ( If not using an Instant Pot, boil or steam them until tender)
2. Add 1 cup of water to the Instant Pot and cook on high pressure for 5 minutes. Perform an instant pressure release when done
3. Cook the ground beef and rinse to remove excess fat. Set aside
4. While the sweet potatoes cook, dice the onions. Heat a small amount of vegetable broth in a large pot over medium heat
5. Once hot, add diced onions and minced garlic. Sauté until onions become translucent
6. Reduce the heat and add the ground beef and the cooked sweet potatoes to the pot
7. Add the cumin, chili powder, and salt to the pot and stir to incorporate. Remove from heat.
8. Mash avocados until smooth, creating a guacamole-like texture. Add the lime juice to the mashed avocados
9. Stir the avocado mixture into the sweet potato and beef mixture to add creaminess without the need for cheese or sour cream
10. If using cheese, mix it in while the filling is still hot to help it melt
11. Add parchment paper to your trays. Spoon the sweet potato and beef filling onto trays
12. Place dividers (if you choose). We like to use 10 portions per tray
13. Pre Freeze when possible
14. Freeze dry (my cycle time was 28 hours)
15. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 2 divider portions or about 1 ½ cups of freeze-dried enchilada filling to a bowl with ¾ cup of hot water. Cover and let sit for at least 10 minutes, stirring several times. This should fill 2 enchiladas.. Enjoy

## Notes:

See our recipe for homemade enchilada sauce. It's amazing and can be freeze-dried!!

## Nutritional Value Per 1 cup pre-freeze-dried with cheese

Calories: 333 Protein: 14 g Fat: 17 g Carbohydrates: 30 g Sugar: 3 g Fiber: 4 g