Beef and Mushroom Stuffed Sweet Potatoes

2 stuffed sweet potatoes; 1 whole potato per serving | Active 20 min | Cook 55 min | Total 70 min

Ingredients

- 2 medium-large sweet potatoes, scrubbed (600 g total edible skin and flesh)
- 2 teaspoons olive oil (10 ml)
- 1 small onion, finely diced (80 g)
- 8 oz cremini mushrooms, finely chopped (225 g)
- 12 oz 90%-lean ground beef (340 g)
- 1 tablespoon tomato paste (16 g)
- 1 teaspoon smoked paprika (2 g)
- 1/4 teaspoon fine salt (1.5 g)
- 1/4 teaspoon ground black pepper (0.5 g)
- 1/3 cup reduced-sodium beef broth (80 ml)
- 1/3 cup shredded cheddar (40 g)
- 1 scallion, finely sliced (15 g)

Set out

Rimmed baking sheet, 12-inch/30 cm skillet, Fork, Spatula, Food thermometer

Allergens

Milk; check broth label for additional allergens. Check labels and substitutions.

Make it

1. Heat oven to 425°F/220°C. Pierce each sweet potato several times with a fork and put on the baking sheet. Bake uncovered for 45–55 minutes, until completely tender when pierced through the thickest part.

2. About 25 minutes before the potatoes are ready, heat oil in the skillet over medium-high heat. Add onion and mushrooms; cook for 8–10 minutes until softened and their liquid has evaporated.

3. Add beef and cook for 5–7 minutes, breaking it into small pieces, until browned and the meat reaches 160°F/71°C. Stir in tomato paste, paprika, salt and pepper for 1 minute.

4. Add broth and simmer for 3–4 minutes until the filling is moist but not soupy. Keep warm briefly until the potatoes are ready.

5. Split each potato lengthwise without cutting through the bottom skin. Fluff the flesh with a fork, divide the beef mixture between them and top each with 20 g cheddar. Return to the oven for 2 minutes to melt the cheese, then finish with equal amounts of scallion.

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Estimated nutrition per serving

Calories: 735 kcal | Protein: 47.6 g | Carbohydrate: 72.5 g | Fat: 28.7 g | Fiber: 11.3 g. One of 2 servings. Batch yield: 2 stuffed sweet potatoes; 1 whole potato per serving. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

A useful advance-prep split

The potatoes and filling can be made on different evenings. That is often more practical than doubling a crowded skillet. Store them separately, then reheat the amount needed. One whole potato and half the filling define a serving, with cheese already included in the base quantities.

A useful detail

The 70-minute total includes baking raw potatoes. If using previously baked chilled potatoes, reheat them to 165°F/74°C before filling; allow about 20–30 minutes in a 375°F/190°C oven depending on size.

Another way

Use 340 g 93%-lean ground turkey and cook to 165°F/74°C instead of beef.

Replace cheddar with 40 g crumbled feta, adding it after the potatoes leave the oven rather than trying to melt it.

Keep it well

Refrigerate baked potatoes and filling in shallow containers within 2 hours, or 1 hour above 90°F/32°C. Keep at 40°F/4°C or below for up to 3 days. Reheat all components to 165°F/74°C before assembly. Freeze beef filling separately for up to 2 months; thaw in the refrigerator.