



## Ground Turkey Sweet Potato Skillet

yield: 4 PEOPLE prep time: 10 MINS cook time: 17 MINS total time: 27 MINS

*This gluten-free and low-fat Ground Turkey Sweet Potato Skillet will be ready to dig into in less than 30 minutes, and you will be amazed by how flavourful it is. It's a perfect ONE-PAN meal for your family to enjoy!*

### INGREDIENTS

- 2 tablespoons [extra virgin olive oil](#)
- 1 pound free-range extra-lean ground turkey — (you also can use grass-fed ground beef)
- 1 teaspoon garlic clove — minced
- ½ cup onions — diced
- ½ cup yellow pepper — diced
- 1½ cups sweet potato — diced
- Salt and freshly ground black pepper
- A pinch of [red chili flakes](#) — optional
- ½ cup shredded mozzarella cheese — (If you're doing Whole30 or following Paleo diet, don't add cheese)
- Fresh parsley — for garnishing (optional)

### INSTRUCTIONS

1. In a [cast iron skillet](#), heat the olive oil over medium-high heat.

2. Add the ground turkey and garlic. Use a wooden spoon to break up the turkey as it cooks. Stir occasionally, and cook for about 5 minutes.
3. Add the onions and yellow peppers, and cook until the onions are soft.
4. Add the sweet potato, red chili flakes, salt, and pepper.
5. Cover the skillet, and cook until the sweet potatoes are tender. Don't forget to stir occasionally. If necessary, add more olive oil or a little bit of water to cook the sweet potatoes faster.
6. While the sweet potatoes are cooking, preheat the oven to 400°F.
7. When the sweet potatoes are tender, add the shredded mozzarella cheese, and put the skillet in the oven to melt the cheese.
8. When the cheese melts, remove from the oven, and garnish with parsley.

Course: Main Course    Cuisine: American

Keyword: Ground Turkey Sweet Potato Skillet, one-pan meal, Skillet Recipe, Sweet Potato recipe

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## NUTRITION INFORMATION

*Amount per serving (1/4)* — Calories: **306**, Fat: **14g**, Saturated Fat: **5g**, Cholesterol: **66mg**, Sodium: **186mg**, Carbohydrates: **20g**, Fiber: **3g**, Sugar: **6g**, Protein: **31g**

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