



ROASTED SWEET POTATO STUFFED WITH MUSHROOM LAMB BOLOGNESE

Serves 8

Ingredients

2 Tbsp	Olive Oil
2 cloves	Garlic, minced
1 large	Onion, minced
1 large	Carrot, peeled & minced
1 stalk	Celery, minced
1 ½ lb	Ground Lamb
1 Tbsp	Tomato Paste
3-4 cups	Mushrooms, sliced
½ cup	Water
1-2 Tbsp	Fresh or dried Oregano
1 Tbsp	Fresh Thyme, minced
To taste	Salt and Pepper

Equipment

- Chef's knife
- Large saucepan
- Sauté pan

Directions

1. Heat half the oil in a large saucepot on med-high heat. Add garlic, onion, carrot, and celery.
2. Cook for 10 minutes, stirring constantly, until softened and starting to brown.
3. In sauté pan, over high heat, add ground lamb and cook until browned. Season with salt and pepper and add to vegetables in saucepot.
4. Stir in tomato paste, mushrooms, water if needed, oregano and thyme.
5. Bring to a simmer, cover and cook for 30 minutes. Uncover and cook an additional 10-20 minutes.
6. In a large bowl, mix ground lamb with sweet potatoes and stuff into skins.