

Sweet Pea



Sweet potatoes added to any meal gives you that at home comfort feel. This recipe gives you that same feeling without overloading you and your family with carbohydrates.

Serves 4

Total Time 25 min

Ingredients

1 lb	ground bison or beef
3	sweet potatoes (medium size)
1 bag	frozen peas
1/3 cup	sweet onion chopped
3 tbsp	butter
dash	Italian seasoning to taste
dash	sea salt to taste
dash	garlic powder (be careful not to add too much, a little goes a long way)

Directions

1. Wash and chop sweet potatoes into bit sized pieces
2. Throw ground meat into a large skillet
2. Add in chopped onion and sprinkle desired Italian seasoning
3. Add sweet potatoes
4. Cook for about 5 minutes and add peas
5. Cook until meat is done, a great dish after a long day at work or the gym

When possible, use organic, grass-fed meat and non-GMO ingredients. Eating healthy can be overwhelming, especially when cost is a factor. Do what you can, when you can. I encourage you to view eating as a spiritual practice. The act of sending positive energy and gratitude toward your food, not only increases its vibration, but connects you to the plant and animals that nourish your body.

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