

Buffalo Chicken Meatza



Serves 6

Ingredients:

- 2 pounds ground beef
- 1 pound ground chicken
- 1 sweet potato, diced
- $\frac{1}{4}$ cup hot sauce
- 1 tablespoon dried basil
- 1 tablespoon dried parsley
- 1 tablespoon dried oregano
- 2 teaspoons garlic powder
- 2 teaspoons onion powder

Adapted from PaleOMG.com

- salt and pepper, to taste
- 2 tablespoons olive oil

Instructions:

1. Pre-heat oven to 350°F.
2. Place your ground beef a bowl along with the dried herbs: basil, parsley, and oregano as well as some salt and pepper. Add the ground beef to a 9 x 13 glass baking dish and place in the oven to bake for 15-20 minutes.
3. While the ground beef bakes, place a large skillet over medium heat and add your oil to the pan. Once the oil becomes hot, add the diced sweet potato.
4. Cover to help steam and cook for about 5 minutes or so.
5. When the sweet potatoes begin to soften, add your ground chicken along with your garlic powder, onion powder, and salt and pepper.
6. Use a wooden spoon to break up the chicken, then cover to help cook through completely.
7. When the chicken is done cooking through, add your hot sauce and mix thoroughly.
8. When your ground beef is done cooking through, add the chicken and sweet potato mixture on top of the beef. Then add a bit more hot sauce on top. Bake for about 5 minutes.
9. Cut into squares and serve.



Nutrition per serving: Calories 484; Total Fat 31.6 g; Saturated Fat 10.2 g; Monounsaturated Fat 15.7 g; Polyunsaturated Fat 2.2 g; Total Carbohydrates 6.7 g; Dietary Fiber 1.2 g; Sugar Alcohols: 0.1 g; Sugars 1.4 g; Protein 41.9 g; Sodium 458 mg