

# Sleepy Sweet Potatoes

(Deconstructed Sweet Potato Shepherd's Pie)

**Serves 2**

## Ingredients

- 1 medium onion, sliced
- 1-2 cups spinach
- 2-4 carrots, cut into coins
- 1/2 can diced tomatoes
- 1 cup zucchini, sliced
- 1 stalk celery, cut into coins
- 1/2 cup, drained and mashed
- 1 1/2 tsp dry basil
- 1/2 tsp salt
- 1/4 to 1/2 cup water
- 1-2 tbsp olive oil



<http://chocolatecoveredkatie.com/2012/03/21/super-sleepy-sweet-potatoes/>

## Directions

1. Heat oil, then add carrots, zucchini, onion, and celery. Cook a few minutes (around 10 minutes), then add spinach, lentils, spices, and tomato. Cook 2 more minutes.
2. Add the water, bring to a boil, then cover and lower to simmer for 45-50 minutes, or until the carrots are soft and stuffing is flavorful.
3. Serve with rice, polenta, or roasted potatoes or yams.

## Nutrition Facts

Serving Size 2

Amount Per Serving

**Calories** 368

% Daily Values\*

**Total Fat** 15g **23%**

Saturated Fat 2g **10%**

Trans Fat 0g

**Sodium** 779mg **32%**

**Total Carbohydrate** 47g **16%**

Dietary Fiber 18g **72%**

Sugars 13g

**Protein** 16g **32%**

\*Percent Daily Values are based on a 2,000 calorie diet.