

# Fall/winter sweet potato bowl

## Ingredients:

- 4 cloves of garlic
- 1/2 - 1 white onion
- Olive or avocado oil
- Sage
- Rosemary
- 1 pound ground turkey
- Red pepper flakes
- 1 large sweet potato
- 1-2 cups quinoa or rice
- 1/2 cup bone broth
- 1 can chick peas
- 1 bag of spinach
- Goat cheese
- (Optional) cottage cheese



## Instructions

1. Add minced garlic, chopped onion, and oil to a large pan and heat on medium until onion is translucent
2. Add ground turkey break it into small pieces while cooking
3. Add 1 tbsp chopped sage and 1 tbsp chopped rosemary
4. Add sweet potato (chopped into small cubes)
5. Add quinoa or rice
6. Add bone broth (or water)
7. Cover and let cook down until sweet potato is soft
8. Add spinach and store until wilted
9. Take off heat and mix in cheese

