



INGREDIENTS

- 2 lbs ground beef or bison
- 2 small sweet potatoes cooked and peeled
- 1/3 cup coconut flour
- 1/2 yellow onion minced
- 1 1/2 tsp. garlic salt
- 1 tsp. thyme
- 1 tsp. ground ginger
- 4 tbsp. coconut oil divided

Sweet Potato Meatballs

Makes Approximately 4-6 Servings

Directions

- Step 1** Take meat out of the refrigerator and let warm to room temperature
- Step 2** In a large bowl, mix together ground meat, sweet potatoes, coconut flour, onion, garlic salt, thyme, ginger, and 2 tbsp. coconut oil (potato masher works well) Form into balls.
- Step 3** Heat a large pan over medium heat with remaining coconut oil.
- Step 4** Place meatballs in a pan in batches, turning occasionally to cook through on all sides
- Step 5** When meatballs are cooked through, remove from pan and serve hot.