Crock-Pot Sweet Potato Tacos

- 4 medium sweet potatoes
- 1 lb ground beef
- 1 small onion finely diced
- 1 tsp garlic minced
- 1 cup diced tomatoes drained
- 1/4 cup tomato sauce
- 1-15 oz can black beans, drained and rinsed
- 1 tablespoon taco seasoning
- Salt and pepper to taste
- 1 cup shredded cheddar cheese
- Diced avocado, sliced olives, extra cheese, etc. for serving
Wash hands for 20 seconds, with warm soapy water. Make sure to scrub under fingernails, around wrists, and in between fingers.

1. Wash hands for 20 seconds., with warm soapy water. Make sure to scrub under fingernails, around wrists, and in between fingers.
2. With warm water, scrub sweet potatoes to remove any dirt and pierce all over with a fork.
3. Grease a 5-quart crock pot and place the sweet potatoes on low for 5-6 hours or on high for 3-4 hours.
4. When the potatoes have 2 hours remaining to cook, begin to prepare the rest of the ingredients.
   a. Remove skin from onions and dice.
   b. If using fresh garlic, mince the garlic.
   c. In a medium skillet, over medium-high heat, brown the ground beef.
   d. Once the ground beef has browned and has an internal temperature of 160 degrees Fahrenheit, add the onion and garlic. Sautee together for another 5-10 minutes.
   e. If your beef has rendered any fat, be sure to drain it before adding the onions and garlic.
   f. Rinse black beans and add to the skillet.
   g. Drain the can of tomatoes and add to the skillet.
   h. To season, use 1/2 - 1 package of taco seasoning (depending on your preference).
5. When potatoes have 1 hour left to cook, partially cut the potato (down the center) and gently open them up. Fill each potato with the taco filling and sprinkle cheese on top.
6. Cook potatoes for another hour on high, or until the cheese is melted and the filling is hot.
   a. Top sweet potatoes with avocados, olives, and extra cheese as desired.