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Belize Beef on Spiced Potatoes

Prep: 5 minutes

Cook: 25 minutes

Servings: Serves 4



- 1 lb. lean ground beef
- 1 can (14-1/2 oz.) zesty diced tomatoes
- 1-1/2 tsp. jarred minced garlic
- 1 tsp. Caribbean jerk seasoning
- 2 large unpeeled baking potatoes (8 to 10 oz. each)
- salt, pepper and Caribbean jerk seasoning, to taste

Topping:

- 1/2 cup plain yogurt
- 3/4 tsp. jarred minced garlic
- 1/2 tsp. Caribbean jerk seasoning

- ▶ Brown ground beef in large nonstick skillet over medium heat 8 to 10 minutes, or until beef is not pink, breaking up into small crumbles. Pour off drippings. Set aside 1 Tbsp. of tomatoes. Add remaining tomatoes, 1-1/2 tsp. garlic and 1 tsp. jerk seasoning to beef; bring to a boil. Reduce heat; cover and simmer 8 minutes, stirring occasionally. Uncover skillet; continue simmering 7 minutes, stirring occasionally. Season with salt and pepper.
- ▶ Meanwhile cut potatoes lengthwise into 1/4-inch thick slices; pierce in several places with fork. Dip in cold water; sprinkle lightly with salt, pepper and jerk seasoning. Place in single layer on nonstick baking pan. Broil 3-6 inches from heat 10-12 minutes or until tender and lightly browned, turning once.
- ▶ Combine topping ingredients and reserved 1 Tbsp. tomatoes in small bowl; season with salt and pepper. Spoon beef mixture over potatoes. Serve with topping.