

African Spiced Beef Patties and Roasted Root Vegetables with Spiced Yogurt & Berbere Rice

2 SERVINGS | HANDS ON TIME: 15 minutes | TOTAL TIME: 30 minutes

Augustus Ranch Ground Beef, thawed
Gundermann Acres Sweet Potatoes, washed and scrubbed, peeled (optional)
Johnson's Backyard Garden Carrots, stem end trimmed, washed, peeled (optional)
Gulf Pacific White Rice
Farmhouse Kitchen African Spice Mix
Farmhouse Kitchen Spiced Yogurt, stirred well before use
Farmhouse Kitchen Berbere Sauce, stirred well before use
Sea salt and fresh cracked black pepper
Olive or vegetable oil

Preheat the oven to 425°F degrees. Adjust oven rack to middle position.

STEP 1 Bring 1 cup of water, a big pinch of salt, and 2 tsp. of oil to a boil in a medium saucepan. Once the water reaches a boil, add rice, stir once, and cover. Reduce heat to low and cook for 20 minutes. After 20 minutes, remove from heat and keep covered for 10 more minutes. Fluff the rice with a fork and cover to keep warm until ready to serve.

STEP 2 Meanwhile, prepare the vegetables. Chop the sweet potatoes and carrots into medium-sized pieces, about 1/2" cubes. Add to a large, baking sheet. Drizzle with 1 tbsp. oil and season with 1/2 tsp. salt and pepper. Toss to coat and distribute seasonings. Spread the vegetables out in an even layer. Set aside.

STEP 3 Combine the ground beef and African spice mix in a bowl. Form 6-8 golf ball sized meatballs. Then, flatten the meatballs into patties, about 1/2" thick. Add the patties on top of the cubed carrots and sweet potatoes.

STEP 4 Roast the vegetables and beef patties in the preheated oven for 15-18 minutes. The beef patties are done when the internal temperature reaches 160°F. The vegetables should be lightly brown around the edges and creamy, tender on the inside.

STEP 5 Serve the African spiced beef patties with a dollop of spiced yogurt and side of roasted vegetables and rice. Top the roasted vegetables and rice with the berbere sauce. Enjoy!