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Spicy BBQ Bison Stuffed Sweet Potato With Grilled Asparagus

Ingredients:

6 oz lean bison flank steak
250 g sweet potato
1 cup asparagus
2 tbsp low-sodium BBQ sauce
1 tbsp goat cheese

Seasonings:

cayenne pepper
paprika
pepper
garlic powder
onion powder

Directions:

1. Set oven to 405 degrees. Puncture the raw sweet potato with a fork or knife, lightly spray it with coconut oil, and then wrap in foil. Place it in the oven to bake for 40-50 minutes.
2. Cut bison flank steak into small pieces. Season with cayenne pepper, paprika, pepper, garlic powder, and onion powder. Once seasoned, rub 1 tbsp BBQ sauce on the bison pieces.
3. Set a skillet on medium-high heat and lightly spray with coconut oil. Toss in bison flank steak. When it's nearly done, add 1 tbsp of BBQ sauce and reduce the heat to low. Turn off when the meat is to desired readiness.
4. Lightly spray a separate skillet with coconut oil and set on high heat. Toss in 1 cup of asparagus and sear for 5-7 minutes. While searing, add garlic and a pinch of sea salt.
5. Remove the sweet potato from the oven and unwrap the foil. Cut the potato open with a knife and fluff the contents with a fork.
6. Place the BBQ bison on top of the sweet potato.
7. Add 1 tbsp of goat cheese and devour like an alpha male!