

THE

CrossFit

KITCHEN



FAJITA PIE

by Nick Massie

overview

Keep it in the Zone and try this flavorful casserole from Paleo Nick's own Nick Massie. This fajita pie is a great way to prepare for the busy new year. Bake, portion and freeze for a quick and delicious made-ahead meal.

meat mixture ingredients

- 3¾ lb. ground turkey, extra lean
- 2 poblano/pasilla peppers, diced
- 1 yellow bell pepper, diced
- 1 red bell pepper, diced
- Pickled jalapeños, to taste, chopped
- 32 oz. tomato puree
- 2 small onions, diced
- 1 bulb garlic, peeled and roughly chopped
- 2 tbsp. tamari

sweet-potato mash ingredients

- 4 lb. white sweet potatoes, peeled and cut into even-sized disks
- Olive oil, as needed
- 4 tbsp. Cheechako Taco seasoning mix or a mixture of 1½ tbsp. kosher salt, 1½ tbsp. ancho chile powder, ½ tbsp. granulated garlic, ½ tbsp. cumin

directions

For this recipe, you want to start your sweet potatoes and then prepare your meat mixture. The sweets should be done just as the meat mixture is done.

for the sweet-potato mash:

1. Place sweet potatoes in a stock pot. Cover with cold water 2 in. above the top of the potatoes.
2. Bring to a boil, then reduce to a simmer until the potatoes are soft.
3. When soft, strain, return to pot and mash with a whisk or puree in a food processor.
4. Set aside.

for the meat mixture:

5. Preheat your oven to 375 F.
6. Heat a cast-iron pot or skillet over medium-high heat. Add olive oil, chopped garlic and Cheechako Taco seasoning mix. Use enough oil to create a paste with the spices that sticks to the garlic while toasting. Stir constantly for 60 seconds.



7. Season the ground turkey with 1½ tbsp. Cheechako Taco seasoning mix, move the garlic mixture to one side of the pan, add a little more oil to the cleared side of the pan, and place the turkey seasoned side down into the fresh oil. Then season the top of the meat with more of the seasoning mix.
8. Break up the turkey while folding in the garlic and toasted spices. Add the onions to the pot, fold in and cover with a lid. Cook for 3 minutes.
9. Add tamari and fold in, then add poblanos and jalapeños, and cover the pot with the lid once more. Cook for 5 minutes.
10. Remove lid and stir. The turkey should be cooked through at this point. Give it a taste and season to your liking.
11. Add the tomato puree and fold in to make a uniform mixture. Cut the heat.
12. Season to your liking one last time.
13. Transfer the meat mixture to two 9-by-13-in. pans and spread into an even layer. Divide the sweet-potato mash into the two pans and spread gently and evenly over the meat mixture.
14. Bake in the oven for 15 minutes, then broil on high for 5 minutes while monitoring. You want an even, golden-brown crust.
15. Remove from oven and serve.
16. You can also portion the meat mixture and sweet potatoes out into individual containers and refrigerate for up to one week, or freeze for up to six months. This is an excellent make-ahead meal that reheats well.
17. Bon appétit!