

Black Bear Nachos (Harlan County High School)

3 large sweet potatoes	1 ½ tsp. garlic powder	1 c. tomato
¼ c. olive oil	1 ½ tsp. cumin	1 Tbs. tomato sauce
1 tsp. salt	1 ½ lb. ground beef	1 ½ c. Wild Blackberry BBQ sauce
1 ½ tsp. onion powder	2 large apples	2 c. mozzarella cheese
1 ½ tsp. chili powder	1 c. yellow bell pepper	
1 ½ black pepper	1 c. green bell pepper	

Garnishes

Scallion onions	¼ c. sour cream	6-8 corn chips
Black beans and jalapenos		

Preheat oven to 350 degrees F. Clean and use mandolin to thinly slice sweet potatoes and dice apples medium size. Put the sweet potatoes in an olive oil coated bowl, add seasons, stir before placing in pan to fry.

Add ¼ cup olive oil to large sauté pan over medium heat. Add sweet potatoes and brown. Coat baking sheet with olive oil, place pan fried sweet potatoes, add salt and pepper to taste.

Place sweet potatoes and apples on baking sheet, and bake 10 minutes.

Add 1 tablespoon oil to large sauté pan over medium, heat. Add drained ground beef and brown it until almost cooked through, about 3-5 minutes. Add onion powder, garlic powder, salt, pepper, cumin and tomato sauce and diced yellow and green peppers let cook for 2 minutes. Add BBQ sauce, bring to simmer. Cook an additional 5 to 6 minutes. Remove from heat. Leave oven on 350 degrees to heat assembled nachos.

Top sweet potatoes and apples with meat, and mozzarella cheese. Put in oven for 6-8 minutes at 350 degrees, or until cheese melts. Remove the pan from the over and top them with the scallion onions, tomatoes, and apples then add a dollop of sour cream. Place corn chips around nachos and drizzle with BBQ sauce (next). Serve.

Wild Blackberry BBQ Sauce

½ c. blackberry preserves

1/8 c brown sugar

2 Tbs. red wine vinegar

1 ½ c. ketchup

1/8 tsp. cayenne pepper

Heinz tomato ketchup regular

¼ tsp. mustard powder

In a medium bowl, mix together blackberry preserves, ketchup, brown sugar, cayenne pepper, mustard powder, and red wine vinegar. Use to baste pork or beef ribs while grilling.