



Easy Taco Bowl meal prep

Prep Time:10
minutes

minsCook Time:25
minutes
mins

Servings: 6 Calories: 500kcal

Ingredients

ROASTED SWEET POTATOES

- 5 medium sweet potatoes *diced*
- 1.5 tbsp olive oil
- 1/2 tsp salt

TACO GROUND BEEF

- 2 lbs lean ground beef *93% lean or similar*
- 2-3 tbsp taco seasoning

- 3 tbsp water

TOPPINGS:

- 3 cups shredded romaine lettuce
- 1.5 cups cherry tomatoes *diced*
- 1/3 cup red onion *diced*
- 2 medium avocados *diced*
- 3/4 cup salsa or pico de gallo
- 3/4 cup plain whole milk greek yogurt *or sour cream*

Instructions

- **Preheat your oven or air fryer.**

– For oven: Preheat to 425°F (218°C).

– For air fryer: Preheat to 400°F (204°C).

- **Roast the sweet potatoes:** Dice the sweet potatoes into small cubes. Toss with olive oil and salt.

– Air fryer: Cook at 400°F for 20–22 minutes, shaking halfway through.

– Oven: Bake at 425°F for 20–25 minutes, tossing halfway through, until tender and golden.

- **Cook the taco beef:** In a large skillet over medium heat, add the ground beef and cook until fully browned, breaking it up with a spatula. Stir in the taco seasoning and water. Simmer for 2–3 minutes, then remove from heat.

- **Prep the toppings.** While the beef and potatoes cook, chop romaine, tomatoes, red onion, and avocado. Set aside other toppings like salsa and Greek yogurt.

- **Assemble the bowls:** In each bowl, add a scoop of sweet potatoes, taco beef, and your favorite toppings: romaine, tomatoes, red onion, avocado, salsa, and a dollop of Greek yogurt.

- **Meal prep tip:** Store all components separately in the fridge. Reheat the beef and sweet potatoes as needed and add fresh toppings when ready to serve.

