

TACO STUFFED SWEET POTATOES

INGREDIENTS

- 1 pound lean ground beef
- 1 medium onion chopped
- 2 cloves garlic minced
- 1 packet taco seasoning
- 1 cup chunky salsa
- 1/4-1/2 cup water
- 4 medium sweet potatoes about 12-14 ounces each

Toppings (optional):

- shredded Mexican blend cheese
- diced tomato
- diced avocado or guacamole
- sour cream

Servings: 4
Total Time: 20 mins

DIRECTIONS

1. Brown ground beef, chopped onion, and garlic in a large skillet over medium high heat. Drain grease and add the taco seasoning and salsa.
2. Reduce heat to medium low and cook for about 5 more minutes until mixture has thickened and is heated through. Add up to 1/2 cup of water to achieve desired consistency.
3. While the meat is cooking, poke holes all over the sweet potatoes and cook in the microwave for 8-10 minutes on high, turning sweet potatoes over once halfway through. If potatoes aren't soft enough, continue cooking 1-3 minutes more. I usually cook two potatoes at one time, but if your microwave allows, you could cook all four at once. Allow sweet potatoes to cool slightly, then slice them lengthwise and fluff the insides with a fork.
4. Spoon the cooked taco meat over the sweet potatoes and add desired toppings such as shredded cheese, diced tomato, avocado, guacamole, or sour cream. Enjoy!



BBQ CHICKEN & ROASTED SWEET POTATO BOWL

INGREDIENTS

SWEET POTATOES

- 2 medium sweet potatoes
- 1 large yellow onion
- 1 Tablespoon olive oil
- 1/4 teaspoon salt, divided
- 1/2 teaspoon garlic powder
- 1/2 teaspoon chipotle powder, or chili powder

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- 1 medium head broccoli
- 1 Tablespoon olive oil
- 1/4 teaspoon salt

CHICKEN

- 1 pound boneless skinless chicken breasts
- 1/2 cup BBQ sauce, divided

Servings: 3
Total Time: 45 mins

DIRECTIONS

1. Preheat the oven to 400°F.
2. Peel and chop the sweet potatoes into 1/2" chunks. Chop onion into 1 inch pieces and add to a lined sheet pan along with the sweet potatoes. Toss the sweet potatoes and onions with olive oil, salt, garlic powder and chipotle powder and toss until well combined. Bake at 400°F for 20 minutes.
3. Toss the sweet potatoes and push to one side of the pan. Add the broccoli and toss with olive oil and salt. Add the chicken breasts and brush with 1/4 cup BBQ sauce. Bake an additional 15-20 minutes at 400°F until the chicken is done.
4. Remove the pan from the oven and shred the chicken breasts using two forks. Toss the chicken with the remaining BBQ sauce. Add to bowls along with the roasted vegetables and serve immediately.