

Foodnity Recipes

Savory Taco Stuffed Sweet Potatoes

15 min Prep time	**30 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**Mexican-American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 medium sweet potatoes
- [ ] 1 lb ground beef
- [ ] 1 cup black beans, drained and rinsed
- [ ] 1 small red onion, diced
- [ ] 2 cloves garlic, minced
- [ ] 2 tbsp olive oil

Seasoning & Toppings

- [ ] 1 tbsp chili powder
- [ ] 1 tsp cumin
- [ ] 1 tsp smoked paprika
- [ ] ½ tsp salt
- [ ] ¼ tsp black pepper
- [ ] Juice of 1 lime
- [ ] ½ cup shredded cheddar cheese
- [ ] ¼ cup fresh cilantro, chopped
- [ ] 2 tbsp sour cream
- [ ] Optional: sliced avocado, hot sauce

Instructions

1. Preheat the oven to 400°F (200°C). Scrub the sweet potatoes, pat dry, and rub each with a little olive oil and a pinch of salt.
2. Place the potatoes on a baking sheet and roast for 35-40 minutes, until the skins are crisp and the centers are soft when pierced.
3. While the potatoes bake, heat a large skillet over medium-high heat. Add the remaining olive oil, then the diced onion and garlic; sauté until fragrant, about 2 minutes.
4. Add the ground beef to the skillet, breaking it up with a spoon. Cook until browned, about 5-6 minutes, then stir in chili powder, cumin, smoked paprika, salt, and pepper.
5. Mix in the black beans and lime juice; cook for another 2 minutes just to warm through.
6. Remove the potatoes from the oven; let them cool just enough to handle. Slice each lengthwise, gently fluff the interior with a fork, and spoon the beef-bean mixture into the cavities.
7. Sprinkle shredded cheddar over the stuffed potatoes and return to the oven for 3-4 minutes, until the cheese melts.
8. Top with cilantro, a dollop of sour cream, and any optional toppings. Serve warm.

Nutrition per serving

420 kcal	22 g	55 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the potatoes aren’t fully cooked, finish them in the microwave for 2 minutes before stuffing.
- For extra crunch, toast the black beans in the skillet for a minute before adding them to the filling.
- Adjust seasoning to taste; a pinch of sugar can enhance the natural sweetness of the potatoes.