

Helergon Kitchen

Loaded Potato Taco Bowl – Hearty Meal Prep Delight

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Mexican-American** Cuisine

Ingredients

Main Ingredients

- [ ] 1.5 lb russet potatoes, diced
- [ ] 1 lb ground turkey
- [ ] 2 tbsp olive oil
- [ ] 1 packet taco seasoning (or 2 tsp homemade blend)
- [ ] 1/2 cup shredded cheddar cheese
- [ ] 1/4 cup Greek yogurt

Toppings & Extras

- [ ] 1 avocado, sliced
- [ ] 1/4 cup fresh cilantro, chopped
- [ ] 2 tbsp lime juice
- [ ] 1/4 cup diced red onion
- [ ] Salt and pepper to taste

Instructions

1. Preheat a large skillet over medium-high heat, add olive oil, then spread the diced potatoes in a single layer. Cook, stirring occasionally, until golden brown and crisp, about 12-15 minutes.
2. While potatoes cook, heat a separate pan, add a splash of oil, and crumble the ground turkey. Sprinkle taco seasoning, salt, and pepper; stir and let the meat brown, about 6-8 minutes.
3. When potatoes are tender and browned, drizzle lime juice over them and give a gentle toss so the flavor lifts.
4. Assemble bowls: start with a bed of potatoes, top with seasoned turkey, then scatter cheese, avocado, red onion, cilantro, and a dollop of Greek yogurt.
5. Serve warm, perhaps alongside a side of crispy potato chips for extra crunch.

Nutrition per serving

420 kcal	30 g	38 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra crispiness, spread potatoes on a baking sheet and roast at 425°F for 20 minutes.
- If you prefer a spicier bowl, add a pinch of cayenne to the taco seasoning.
- Feel free to swap cheddar for pepper jack for a bolder flavor.