

Beef, Sweet Potato and Cottage Cheese Protein Bowl

Ingredients

- 2 medium sweet potatoes, peeled and diced into ½ cubes
- 2 Tbsp olive oil divided
- 2 Tbsp taco seasoning divided
- 1 lb ground beef
- 2 cups cottage cheese (about ½ cup per bowl)
- 2 avocados, sliced (add fresh when ready to eat)
- 1 Tbsp honey + 1 tsp red chili flakes (or chili crisp) for drizzling

Instructions

1. Roast the sweet potatoes- preheat the oven to 425 F. Toss sweet potatoes with 1 Tbsp olive oil and 1 tbsp taco seasoning. Spread out on a sheet pan and roast for 20-25 minutes, flipping halfway, until golden brown and crisp on the edges.

2. Cook the Ground Beef- Heat remaining 1 Tbsp olive oil in a large skillet over medium heat.

Add the ground beef, breaking it up with a wooden spoon. Sprinkle with remaining taco seasoning and cook until browned and fully cooked through (about 8 minutes)

3. Make the Hot Honey (optional but Recommended) – In a small bowl, combine 1 tbsp honey with 1 tsp chili flakes. Let it sit while everything cooks- the longer it sits, the spicier it gets. Or just use your favorite chili crisp!

4. Assemble the bowls- layer ¼ of the sweet potatoes and ¼ of the ground beef into each bowl or container. When you're ready to eat top with ½ an avocado, ½ cup of cottage cheese, and a drizzle of hot honey or chili crisp.

Meal Prep tips:

- Store the beef and sweet potatoes together in airtight containers. Add cottage cheese and avocado fresh before serving.
- These keep well in the fridge for up to 4 days.
- Reheat the beef + sweet potatoes in the microwave, then add cold topping for best texture contrast.