

Treasure Barrel

Loaded Potato Taco Bowl – Hearty Meal Prep

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

Ingredients

Main Ingredients

- [ ] 1.5 lbs russet potatoes, diced
- [ ] 1 cup black beans, drained and rinsed
- [ ] 1 cup corn kernels (fresh or frozen)
- [ ] 1 tbsp olive oil
- [ ] 2 tsp taco seasoning blend
- [ ] 1 avocado, sliced
- [ ] ½ cup shredded cheddar cheese
- [ ] ¼ cup fresh cilantro, chopped

For the Lime-Yogurt Sauce

- [ ] ½ cup Greek yogurt
- [ ] 2 tsp lime juice
- [ ] 1 tsp honey
- [ ] Pinch salt
- [ ] 1 tbsp chopped cilantro

Instructions

1. Pat the diced potatoes dry, then toss them with olive oil, taco seasoning, and a pinch of salt.
2. Heat a large skillet over medium-high heat; add the potatoes and cook, stirring occasionally, until golden and crispy, about 12-15 minutes.
3. Add the black beans and corn to the skillet; stir just until warmed through, about 3 minutes. Remove from heat.
4. In a small bowl, whisk together Greek yogurt, lime juice, honey, salt, and cilantro to create the sauce.
5. Assemble bowls: start with the seasoned potatoes, then layer beans, corn, avocado slices, cheese, and a drizzle of lime-yogurt sauce. Garnish with extra cilantro.
6. Serve immediately while warm, or let cool and store components separately for up to 3 days.

Nutrition per serving

420 kcal	15 g	55 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If potatoes start to stick, add a splash of water and cover for a minute to steam then finish crisping uncovered.
- For extra crunch, toss a handful of crushed tortilla chips on top just before serving.
- Adjust the amount of taco seasoning to suit your heat preference.