

Plate Dream

Loaded Potato Taco Bowl

Quick, loaded potato taco bowl with seasoned potatoes, beef, beans, and fresh toppings for a satisfying dinner.

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

Ingredients

Main Ingredients

- [ ] 1.5 lbs russet potatoes, diced
- [ ] 1 lb ground beef
- [ ] 1 cup black beans, rinsed
- [ ] 1 cup corn kernels (optional)
- [ ] 1 small red onion, finely chopped
- [ ] 1 cup shredded cheddar cheese
- [ ] 2 tbsp olive oil
- [ ] 1 tbsp taco seasoning (cumin, paprika, garlic powder, chili powder)
- [ ] 1 lime, juiced
- [ ] Fresh cilantro, chopped for garnish

Sauce & Toppings

- [ ] ¼ cup Greek yogurt
- [ ] 1 tsp hot sauce (optional)
- [ ] ½ avocado, sliced
- [ ] Salsa or pico de gallo

Instructions

1. Heat olive oil in a large skillet over medium-high heat. Add the diced potatoes, season with salt and the taco seasoning, and sauté until golden-brown and crisp, about 10-12 minutes. classic chips
2. Push potatoes to the side, add ground beef to the same pan, break it up, and brown for 5-6 minutes. Sprinkle a little extra taco seasoning and let the flavors meld.
3. Stir in the black beans, corn, and red onion. Cook for another 3 minutes until everything is heated through. Finish with a splash of lime juice.
4. Divide the mixture into four bowls. Top each with shredded cheddar, a dollop of yogurt-hot-sauce blend, avocado slices, salsa, and a sprinkle of cilantro. ground beef bowl
5. Serve immediately while warm. For a protein boost, pair with high protein dip on the side.

Nutrition per serving

420 kcal	24 g	38 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a spicier profile, add a pinch of cayenne to the seasoning.
- A gentle drizzle of olive oil over the finished bowl adds richness without overwhelming the fresh flavors.
- Leftover potatoes reheat best in a hot skillet to retain crispness.