

Hot Honey Taco Beef Bowl

Krivia Recipes

Ingredients

Sweet Potatoes	2 medium, diced
Olive Oil	1 tablespoon
Smoked Paprika	1 teaspoon
Garlic Granules	1 teaspoon
All-Purpose Seasoning	1 teaspoon
Lean Ground Beef	10.5 oz (300 g)
Homemade Taco Seasoning	1½ tablespoons
Tomato Paste	2 tablespoons
Water	¼ cup
Avocado	1 ripe
Cottage Cheese	■ cup
Hot Honey	1½ tablespoons

Instructions

1. Dice and season sweet potatoes. Air fry at 390°F for 20–25 minutes until crispy.
2. Brown ground beef in a skillet over medium heat.
3. Add taco seasoning, tomato paste, and water. Simmer 5–10 minutes.
4. Assemble bowl with sweet potatoes, beef, avocado, cottage cheese, and hot honey.

Estimated Nutrition (Per Serving)

Calories	520–550 kcal
Protein	32–35 g
Carbohydrates	42–46 g
Fat	22–25 g
Fiber	7–9 g