

Sweet Potato and Ground Beef Bowls - A Wholesome Comfort Meal

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OVEN
400°F

TIME
30 min

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INGREDIENTS

- 1 large sweet potato, peeled and cubed
- 1/2 lb ground beef
- 1 tsp olive oil
- Salt and pepper, to taste
- 1/2 tsp smoked paprika
- 1/4 tsp garlic powder
- 1/2 cup cottage cheese
- 1/2 avocado, sliced
- Balsamic glaze (for drizzling)
- Chopped green onions (for garnish)

DIRECTIONS

- 1.** Roast the Sweet Potatoes: Preheat your oven to 400°F (200°C). Toss the cubed sweet potatoes with olive oil, smoked paprika, salt, and pepper. Spread them on a baking sheet and roast for 25-30 minutes until tender and golden brown.
- 2.** Cook the Ground Beef: While the potatoes roast, brown your ground beef in a skillet over medium heat. Season with garlic powder, salt, and pepper. Drain any excess fat once cooked.
- 3.** Assemble the Bowls: Layer roasted sweet potatoes and beef into bowls. Top with cottage cheese, avocado slices, and a sprinkle of chopped green onions.
- 4.** Finish with Balsamic Glaze: Drizzle with balsamic glaze for that perfect tangy-sweet finish. Serve warm and enjoy!

TIPS FOR SUCCESS

Make it spicy: Add a pinch of red pepper flakes to the beef.

Meal prep magic: Double the recipe and pack into containers for the week.

Protein swap: Try ground turkey or chicken for a lighter version.

Sub with a plant-based cream or hummus.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/sweet-potato-and-ground-beef-bowls-a-wholesome-comfort-meal/>