

The Ultimate Loaded Potato Taco Bowl: A Crispy Tex-Mex Twist

Peeled and diced into 1/2-inch cubes.



OVEN
425°F

TIME
25-30 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

For the Toppings: 1 cup shredded cheddar or Mexican blend cheese. Fresh salsa or diced tomatoes. Sour cream or Greek yogurt. Sliced jalapeños and fresh cilantro. Diced avocado or guacamole.:

DIRECTIONS

1. method. By tossing the potatoes in smoked paprika and high-heat oil, we achieve a "fry-like" exterior while keeping the inside fluffy. When that seasoned beef and melted cheese hit the hot potatoes, it creates a flavor profile that is pure magic. Plus, it's a fantastic gluten-free alternative to traditional tacos!
2. List of : Ingredients
3. For the : Crispy Potatoes:
4. 3 medium russet potatoes:
5. Peeled and diced into 1/2-inch cubes.
6. 2 tablespoons olive oil:
7. For that essential crisp.
8. 1/2 teaspoon smoked paprika:
9. Adds a deep, earthy color and flavor.
10. 1/2 teaspoon salt and 1/4 teaspoon black pepper.
11. For the : Taco Filling:
12. 1 lb lean ground beef:
13. Or ground turkey/chicken if preferred.
14. 1 small yellow onion:
15. Finely diced.
16. 2 cloves garlic:
17. 1 packet taco seasoning:
18. Or a homemade blend of cumin, chili powder, and onion powder.
19. 1 can (15 oz) black beans:
20. Drained and rinsed.
21. 1/2 cup water.

22. For the : Toppings:
23. 1 cup shredded cheddar or Mexican blend cheese.
24. Fresh salsa or diced tomatoes.
25. Sour cream or : Greek yogurt.

SWAPS & NOTES

The Potato Swap: You can easily use sweet potatoes for a sweeter, nutrient-dense twist.

If you're short on time, high-quality frozen tater tots or potato wedges work in a pinch!

Protein Variations: While seasoned beef is classic, this recipe is incredible with shredded chicken.

If you enjoy that flavor profile, you might also love my Mexican Chicken and Rice Casserole.

TIPS FOR SUCCESS

Don't Overcrowd the Pan: If the potatoes are too close together, they will steam instead of roast.

Give them space to breathe so they get crunchy!

Size Matters: Try to cut your potato cubes into uniform sizes so they cook at the same rate.

The Cheese Factor: For the best melt, grate your own cheese from a block.

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

Original recipe: <https://chefmaniac.com/the-ultimate-loaded-potato-taco-bowl-a-crispy-tex-mex-twist/>