

Choco Fever Dream

Loaded Potato Taco Bowl – Quick & Easy Meal Prep

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Mexican** Cuisine

Ingredients

Base

- [ ] 4 medium russet potatoes, diced
- [ ] 2 tbsp olive oil
- [ ] 1 tbsp taco seasoning
- [ ] 1 tsp smoked paprika
- [ ] Salt and pepper to taste

Mix-ins

- [ ] 1 cup black beans, rinsed and drained
- [ ] 1 cup fresh corn kernels
- [ ] 1 small red onion, finely diced
- [ ] 1 avocado, sliced
- [ ] 1 cup shredded cheddar or Monterey Jack cheese

Creamy Sauce

- [ ] ½ cup sour cream
- [ ] 2 tbsp mayonnaise
- [ ] 1 tsp chipotle in adobo, minced
- [ ] 1 tbsp lime juice
- [ ] Pinch of salt

Garnish

- [ ] Fresh cilantro leaves
- [ ] Lime wedges
- [ ] Diced tomatoes (optional)

Instructions

1. Preheat oven to 425°F (220°C). Toss diced potatoes with olive oil, taco seasoning, smoked paprika, salt, and pepper; spread on a baking sheet.
2. Roast potatoes for 20-25 minutes, turning halfway, until golden and crisp. While they roast, whisk together sour cream, mayo, chipotle, lime juice, and a pinch of salt for the sauce.
3. In a large bowl combine roasted potatoes, black beans, corn, and red onion. Drizzle half of the creamy sauce and toss gently.
4. Divide the mixture into four bowls. Top each with avocado slices, shredded cheese, cilantro, and a lime wedge. Finish with the remaining sauce.
5. Serve immediately, or let cool and store in containers for meal-prep. Reheat potatoes briefly before adding fresh toppings.

Nutrition per serving

420 kcal	14 g	45 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer extra heat, add a dash of hot sauce to the crema.
- Roasting the potatoes ahead of time makes weekday assembly a breeze.
- For a gluten-free version, ensure your taco seasoning is free of wheat flour.