

Sweet Potato Tacos

PREP TIME: 10 MIN | COOK TIME: 15-20 MIN | SERVINGS: 1-3

INGREDIENTS:

- 2-3 Tbsp cooking oil
- 1 small or 1/2 large sweet potato, diced small
- 1/4 cup diced onion
- 1/2 bell pepper, diced
- Salt & pepper
- Garlic powder (optional)
- Chili powder (optional)
- Tortillas

DIRECTIONS:

- Heat oil in a pan on medium heat. Add sweet potato and cook, stirring occasionally, until almost tender, 8-12 minutes.
- Add onion and bell pepper. Season with salt, pepper, garlic powder, and chili powder to taste. Stir and cook for another 3-5 minutes.
- Warm up tortillas and fill with veggie mixture. Add any toppings as desired and enjoy!

RECIPE NOTES:

- To add quick protein: Serve with a side of beans or add canned beans when adding onion and bell pepper.
- Add any extra toppings as desired like a squeeze of lime, avocado, cilantro, hot sauce, etc.



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