



Stuffed Sweet Potatoes

INGREDIENTS:

- 2 Sweet potatoes, washed and dried
- 1 Pound lean ground beef, turkey or chicken
- Taco seasoning of choice (use the recommended portion for 1 pound of meat)
- ¼ Cup water

Suggested toppings:

- Black Beans
- Tomatoes
- Shredded lettuce
- Chopped onion
- Shredded cheese of choice or crumbled goat cheese
- Sour cream or plain Greek yogurt
- Avocado
- Salsa or Pico de Gallo



SCAN THE QR CODE
FOR HEALTH & WELLNESS
EVENTS HAPPENING
THIS MONTH!



Med Center Health®

Health & Wellness

740 East 10th Avenue
Bowling Green, KY 42101
270-745-0942 | 1-877-800-3824
MedCenterHealth.org

DIRECTIONS:

- Preheat the oven to 425 degrees. Using a fork, poke holes into the sweet potatoes. Bake on a parchment or aluminum foil-lined baking sheet for 40 to 50 minutes or until a fork can be easily inserted into the potato.
- While sweet potatoes are cooking, prepare ground meat in a skillet over medium-high heat, breaking the meat into small pieces until cooked thoroughly to the proper temperature. Add the taco seasoning and water, and cook on low heat until the water is absorbed.
- Cut the sweet potatoes in half. Top each half with the desired amount of meat and toppings.
- Enjoy!



SCAN THE QR CODE
FOR HEALTH & WELLNESS
EVENTS HAPPENING
THIS MONTH!



Med Center Health®

Health & Wellness

740 East 10th Avenue
Bowling Green, KY 42101
270-745-0942 | 1-877-800-3824
MedCenterHealth.org