

Sweet Potato Bowls



INGREDIENTS

2-4 sweet potatoes

1 lb. ground beef or turkey or chicken

1 package taco seasoning

1 can black beans, drained and rinsed

1 can of corn or use frozen

Optional toppings: cheese, sour cream or avocado

DIRECTIONS

Cube sweet potatoes, coat with oil, salt, pepper

Bake on baking sheet at 400 degrees for 35-40 mins.

Brown meat and season with taco seasoning to taste

Heat up corn and beans

Make your bowls!



ecumenicalfoodpantry.org
pikefoodpantry@gmail.com
www.facebook.com/pikefoodpantry