 

# **Taco Stuffed Smashed Potatoes**

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**Description:** Crispy smashed potatoes stuffed with taco filling, gooey cheese and taco toppings. The perfect customizable simple weeknight meal.

**Recipe by:** Julie Andrews from The Gourmet RD

**Website Link:** <https://www.thegourmetrd.com/taco-stuffed-smashed-potatoes/>

**Prep Time:** 10 minutes

**Cook Time:** 25 minutes

**Ready Time:** 35 minutes

**Potato Type:** Yellow

**Serves:** 4

**Prep Method:** Boiled/ Baked

**Course:** Main

**Ingredients**

* 1-1 ½ lbs. baby yellow or red potatoes
* 2 Tablespoons oil
* ¾ teaspoon coarse salt, divided
* ½ lb. ground beef
* ½ Tablespoon chili powder
* 2 teaspoon ground cumin
* 1 teaspoon minced onion
* 1 teaspoon minced garlic
* ¼ teaspoon ground black pepper
* 1 cup shredded Mexican cheeses
* Plain Greek yogurt or sour cream, salsa, chopped cilantro or green onion and diced avocado, for topping

**Preparation**

1. Preheat oven to 400 °F.
2. Bring a large pot of water to a boil. Add potatoes and cook about 10 minutes or until slightly soft.  Drain and transfer potatoes to a greased baking sheet.  Let slightly cool.
3. Use the back of a spatula to gently smash each potato. Drizzle with oil and sprinkle with half of the salt.  Roast 10 minutes or until crispy on the edges.
4. While the potatoes roast, brown the ground beef in a skillet, breaking up into smaller pieces as it cooks. Add the remaining salt, chili powder, cumin, onion, garlic, black pepper and ¼ cup water to the beef and bring to a simmer.  Spoon taco meat onto the roasted smashed potatoes.  Top each with shredded cheese and bake an additional 4-5 minutes or until cheese is melted and bubbly.
5. Top with desired toppings and serve.

**Notes**

* The potatoes can be boiled and/or roasted ahead of time to make for a quick weeknight meal.

**Nutrition**

**Serving Size:** 1/4 of recipe

* **Calories:** 392
* **Sugar:** 3
* **Sodium:** 520
* **Fat:** 14
* **Saturated Fat:** 4
* **Unsaturated Fat:** 10
* **Trans Fat:** 0
* **Carbohydrates:** 52
* **Fiber:** 5
* **Protein:** 20
* **Cholesterol:** 49