

Sweet Potato Tacos with Avocado Sour Cream

If you need a recipe for homemade taco seasoning, there is one on my site www.fromscratchwithmaria.com search "taco seasoning"

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Ingredients

- 4 large sweet potatoes
- 1 lb ground turkey
- 1 onion, finely diced
- 1 red bell pepper diced
- 1 large, or 2 small, zucchini, diced
- 1-2 teaspoons taco seasoning or more to taste (recipe on www.fromscratchwithmaria.com)
- shredded cheese
- 1 avocado
- ¼ cup sour cream
- splash of lemon juice
- 3-5 tablespoons olive oil
- salt



Instructions

1. Heat the oven to 400 degrees
2. Poke holes into the sweet potatoes with a knife or fork
3. Place on a baking sheet lined with aluminum foil
4. Bake for 45-60 minutes or until cooked through and tender in the center
5. Add a few tablespoons of olive oil into a large skillet over medium heat
6. Add in the finely diced onions with a sprinkle of salt; cook until starting to soften, but not brown
7. Add in the turkey and another sprinkle of salt; cook for a few minutes, breaking up the turkey into small pieces
8. Add in the red bell pepper and zucchini
9. Cook until the meat is all the way cooked and the vegetables have softened
10. Add in 1-2 teaspoons of taco seasoning, or how ever much you like, and then a small splash of water to make it into a sauce; cook for another minute or so until the meat mixture is evenly coated with spices and the water as evaporated
11. Cut the sweet potatoes down the center, and scoop out some of the center
12. Fill with the turkey mixture and top with shredded cheese
13. For the avocado sour cream, place the avocado and sour cream into a food processor
14. Process until smooth, then add in the small splash of lemon juice
15. With the mixer running, add a few tablespoons of olive oil until you achieve the consistency that you like; not too thick, but careful not to add too much oil or it will be an oily mixture
16. Drizzle over the sweet potatoes stuffed with the turkey mixture

Recipe by From Scratch With Maria Provenzano at <http://fromscratchwithmaria.com/sweet-potato-tacos-avocado-sour-cream/>