



Ashley's Meal Prep Monday!



Viral Hot Honey Ground Beef Bowl

INGREDIENTS

1 or 2 lb ground beef - or meat of choice, I used venison.

1 package taco seasoning - I really like the Siete brand
2 medium sweet potatoes

Cottage cheese, I use Lactaid
Avocado

Honey

Salt/pepper to taste

*If you're feeling adventurous, add an over easy egg, crushed tortilla chips, even roasted veggies.

You can do SO much with this recipe!



The viral protein bowl you didn't know you were missing! I knocked it until I tried it, and now I'm hooked!

In a skillet, brown your lean ground beef, or meat of choice, breaking it up as you go. Add taco seasoning and mix well. Set aside.

Roast or air fry sweet potatoes until fork tender. I cook mine in the air fryer, leaving the peel on. Usually 10-15 minutes at 400 degrees and seasoned with garlic powder, paprika and a spritz of avocado oil.

Assemble the bowl by starting with a base of cooked sweet potatoes, add a scoop or two of the taco-seasoned beef, sliced avocado and a scoop of cottage cheese. Finish it off by drizzling hot honey or even just regular honey.

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