

3 Meal Mini Menu #39 - Sweet Potato Meals

Grocery List

Sweet Potatoes (3lbs)
Ground Turkey (1lb)
Taco Seasoning
Black Beans (15oz)
Corn (14.5oz)
Cheddar Cheese (8oz)
Onion x1
Garlic
Mixed Vegetables
(12oz)
Chicken Broth (32oz)
Egg Noodles
Rotisserie Chicken
Broccoli (12oz)
BBQ Sauce
Large Flour Tortillas

@lowdoughfamily

Taco Sweet Potato Bowl

2-3 sweet potatoes, peeled
and cubed small
1lb ground turkey
1 packet taco seasoning
1/2 cup water
15 oz black beans, drained and
rinsed
14.5oz Corn, drained
1 cup shredded cheddar cheese
Optional: sour cream or salsa

1. Place cubed sweet potatoes in a microwave-safe bowl. Cover and microwave 5-7 minutes, stirring halfway, until fork-tender.
2. While the potatoes cook, brown ground turkey in a large skillet over medium heat. Drain excess grease if needed.
3. Stir in taco seasoning and water. Simmer 3-4 minutes.
4. Add black beans and corn and cook until heated through. (can keep these separate if needed)
5. Divide sweet potatoes into bowls. Spoon taco mixture over top and sprinkle with shredded cheese. Add sour cream or salsa if desired and serve.

Sweet Potato Chicken

Noodle Soup

1 tablespoon oil
1 small onion, diced
2 cloves garlic, minced
2 sweet potatoes, peeled and cubed
small
12oz frozen mixed vegetables
4 cups chicken broth
2 cups water
8oz egg noodles
1 1/2- 2 cups shredded rotisserie
chicken
Favorite Seasonings

1. Heat olive oil in a large pot over medium heat. Add onion and cook 3-4 minutes until softened. Stir in garlic and cook 30 seconds.
2. Add sweet potatoes, mixed vegetables, chicken broth, water, and favorite seasonings. Bring to a boil.
3. Reduce heat and simmer 10-15 minutes, until sweet potatoes are tender.
4. Stir in egg noodles and cook about 7-8 minutes.
5. Stir in shredded chicken and heat through 2-3 minutes.

BBQ Chicken Quesadillas & Roasted Sweet Potatoes

2 sweet potatoes, peeled and cubed
1-2 tablespoon oil
Favorite Seasonings
12oz broccoli florets
2 cups shredded rotisserie chicken
1/2 cup BBQ sauce
1 cup shredded cheddar cheese
4 large flour tortillas
1 tablespoon butter or oil for skillet

1. Toss cubed sweet potatoes with olive oil, salt, and pepper. Air fry at 360°F for 12-15 minutes, shaking halfway, until tender with lightly crisp edges.
2. While sweet potatoes cook, steam broccoli in microwave.
3. In a bowl, toss shredded chicken with BBQ sauce.
4. Heat a large skillet over medium heat and lightly grease with oil.
5. Place one tortilla in the skillet. Sprinkle cheese over half of the tortilla. Add BBQ chicken on top of the cheese, then sprinkle a little more cheese over the chicken. Fold the tortilla in half to create a half-moon shape.
6. Cook 2-3 minutes per side until golden brown and melted. Remove and repeat with remaining tortillas.
7. Slice each quesadilla into wedges and serve with roasted sweet potatoes and broccoli on the side.