

Sweet Potato Foil Packet Tacos

Ingredients

- 1/2 pound ground hamburger or turkey
- 3 tablespoon taco seasoning
- 1/2 cup tomato sauce
- 1 15 ounce can black beans, rinsed and drained
- 2 pounds sweet potatoes, peeled and cut into 1/2 inch cubes (about 2 -3 medium)
- 2 tablespoons butter, divided
- 3/4 teaspoon salt, divided
- 1 1/2 cups fresh chopped spinach
- 1 1/2 cups shredded cheddar cheese

Instructions

1. Preheat oven to 425.
2. In a skillet over medium-high heat, brown ground meat. Stir in taco seasoning, tomato sauce and beans; set aside.
3. Lay out six 12-inch long pieces of aluminum foil; spray each piece with non-stick spray.
4. In the center of a piece of foil, place 1 cup of sweet potatoes, 1 teaspoon butter, 1/8 teaspoon salt, 1/4 cup spinach, 1/3 cup taco meat and 1/4 cup cheese.
5. Fold sides of foil in to close packet. Repeat with remaining foil and ingredients.
6. Place packets on rimmed cookie sheet; bake until sweet potatoes are tender, about 25 minutes.
7. Serve with sour cream or guacamole.