

ONE PAN TACO POTATO SKILLET

Yield: 4 servings | Total Preparation Time: 30 minutes



Ingredients

- 1 lb ground meat
- 1 tablespoon cooking oil
- 1 yellow or white onion, chopped
- 2 cloves garlic, minced
- 2 potatoes, diced
- 1 bell pepper, diced
- 1-2 handfuls of spinach
- Taco Seasoning (store bought or DIY). [Recipe for DIY taco seasoning:](#)
 - 1 tablespoon cumin
 - 1/2 tablespoon onion powder
 - 1/2 tablespoon garlic powder
 - 1 teaspoon dried oregano
 - 1 teaspoon paprika
 - 1/2 teaspoon cayenne pepper

Instructions

1. In a large skillet, heat 1 tablespoon oil over medium heat. Add onion, garlic, bell pepper, and potatoes. Sauté until browned, about 10 mins.
2. Add 2 tablespoons taco seasoning and 1/4 cup water to the skillet. Mix ingredients together until all water is absorbed. Remove potato mixture from skillet and set aside.
3. To the same skillet, add in the ground meat, using spatula to break meat apart as it cooks (no additional oil required). Once browned, add in remaining 1 tablespoon of taco seasoning. Mix well.
4. Once meat is fully cooked, add in potato mixture and mix until all ingredients are fully mixed. Add spinach and fold in lightly.
5. Serve and enjoy!

Making your own taco seasoning is a great way to use less salt (aka sodium). Just one packet of store bought taco seasoning can contain nearly one day's worth of sodium. Too much sodium can contribute to high blood pressure. Try our "Do It Yourself" (DIY) salt-free taco seasoning recipe for heart health.

