

YIELD: 4

## Taco Loaded Baked Potato

Buttery baked potatoes, loaded with taco meat, cheese and sour cream. Served up with lettuce and tomato and all of the taco toppings you can dream up!

PREP TIME	COOK TIME	TOTAL TIME
10 minutes	1 hour	1 hour 10 minutes

### Ingredients

- 4 russet baking potatoes
- 1 pound lean ground beef
- 1/2 cup onion, chopped
- [1 taco seasoning packet, or your own homemade taco seasoning](#)
- 1 stick butter (8 Tablespoons)
- 8 ounce container, sour cream
- 8 ounce package, shredded cheddar cheese
- lettuce, tomato, black olives, jalapeño - for serving

### Instructions

1. Preheat oven to 350 degrees.
2. Wash potatoes, poke holes into them, rub with sea salt (if desired) and place one stainless steel skewers. Bake for one hour.
3. Brown ground beef with onion. Add taco packet and water and cook per packages instructions.
4. When potatoes are baked, slit down the middle and give a squeeze to break up the potato. Use a fork to fluff potato (if desired). Add 2 Tablespoons of butter to the potato.
5. Top with warm taco meat, then cheese, then sour cream.
6. Serve with black olives, tomatoes, lettuce and jalapeños, if desired.

### Notes

Great way to use leftover taco meat. Can be adjusted to make however many potatoes you desire.

**Nutrition Information:** YIELD: 4 SERVING SIZE: 1

*Amount Per Serving:* CALORIES: 1017 TOTAL FAT: 67g SATURATED FAT: 36g TRANS FAT: 2g UNSATURATED FAT: 22g CHOLESTEROL: 251mg SODIUM: 1304mg  
CARBOHYDRATES: 51g FIBER: 6g SUGAR: 8g PROTEIN: 53g

*nutrition isn't guaranteed accurate*

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CUISINE: Mexican/American / CATEGORY: Potatoes  
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