

Sweet Potato Fajitas Meal Prep



This sweet potato fajitas meal prep recipe couldn't be easier! Cook the seasoned veggies on a sheet pan and serve with rice and guacamole for a balanced, filling meal.

Do you see what's going on here? Sweet. Potato. Fajitas. We're talking bell peppers and onions AND sweet potato all seasoned up fajita-style for some seriously flavorful meal prep.

Considering 5 out of the top 10 most popular recipes we've ever shared here on The Fitchen are "sweet potato" recipes, I have a feeling you guys are gonna go bonkers for this meal prep idea.

For the record, I'm right there with you – I consider sweet potatoes to be their own food group. I also think sweet potatoes are ideal for meal prep because they stay fresh-tasting in the fridge and they don't taste weird if you eat them cold.

It seems like I say this a lot, but that's because it's a huge thing we factor into making recipes for you guys – this meal prep recipe is EASY. You just chop the vegetables, spread them onto a sheet pan + season them, bake them while your rice is cooking, and then you're done.

It's also totally customizable. You could easily roast up some tofu, shrimp, or chicken to add a protein boost. If you don't like bell peppers or onions, you can leave them out and roast brussels sprouts, green beans, asparagus, cauliflower, broccoli, or whatever your heart desires!

Sometimes I whip up some guacamole. Sometimes I top with salsa verde or pico de gallo. Sometimes I wrap it all up in a soft tortilla. Sometimes I add black beans to the rice. And sometimes I squeeze lime over top because why not?

It's your meal prep party. You can do what you want



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- **Prep Time:** 10 mins
- **Cook Time:** 40 mins
- **Total Time:** 50 minutes
- **Yield:** 3-4 bowls
- **Category:** Mains

Ingredients

- 5 cups sweet potato, chopped into “fry” shape
- 1 red onion, sliced
- 1 green bell pepper
- 1 red bell pepper
- 3 Tablespoons olive oil
- 1 teaspoon sea salt
- 1 teaspoon paprika
- 1/2 teaspoon black pepper
- 1/2 teaspoon chipotle powder
- 1/4 teaspoon cumin
- 1/8 teaspoon cayenne
- 1/8 teaspoon garlic powder
- 2 cups cooked brown rice (or quinoa!)

Instructions

- 1 Preheat oven to 375° and line two baking sheets with parchment paper.
- 2 In a small bowl, combine salt, paprika, pepper, chipotle, cumin, cayenne, and garlic powder. Stir together.
- 3 Spread sweet potatoes on sheet pan and drizzle with 2 Tablespoons of oil. Sprinkle half of the seasoning over them and mix them up to coat evenly.
- 4 On the second sheet pan, spread bell peppers and onion. Drizzle with remaining oil and sprinkle the other half of the seasoning. Mix to coat evenly.
- 5 Place the sweet potatoes into the oven and bake for 10 minutes. Then place the bell pepper + onion sheet pan into the oven and continue baking for 30 minutes. Remove both pans at the halfway mark to stir for even baking.

While the veggies are baking, you have just enough time to make your brown rice or quinoa or other grain of choice! (We cooked brown rice in our Instant Pot.)

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