

# Betty's Baked Potato with Taco Topping Recipe



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In this video, Betty demonstrates how to make a Baked Potato with Taco Topping. This recipe is for 4 large baking potatoes, but you can make fewer, and save the remaining topping for tacos!

## Ingredients:

- 4 large baking potatoes
- Cooking oil spray
- sea salt, to taste
- 1 pound lean ground beef
- ½ cup chopped onion
- ¾ cup water
- 1 ½-oz. package taco seasoning mix
- 1 cup taco sauce
- 1 cup shredder pepper jack cheese

Wash baking potatoes and pat dry with paper toweling. Place each potato on a square of aluminum foil that is large enough to wrap the potato thoroughly. Spray each potato with cooking oil spray, and then sprinkle with sea salt (or regular salt). Place each potato diagonally on a foil square and bring up the edges of the foil to wrap potato tightly. Place wrapped potatoes in a baking pan and bake in a 400-degree oven for approximately 1 hour and 15 minutes. Check for doneness, by using a potholder and squeezing the potato. If it is softened, then it is ready to remove from the oven and prepare for topping. Meanwhile, prepare the topping. In a large, deep skillet, brown 1 pound lean ground beef with ½ cup chopped onion, stirring constantly, until beef is brown and crumbly and onion is soft and clear. Stir in ¾ cup water, and a 1 ½-oz. package of taco seasoning mix. Bring to a boil. Reduce heat, and simmer, uncovered 5 minutes, or until liquid is absorbed, stirring occasionally. Add 1 cup taco sauce, and cook 1 additional minute. Now, unwrap your backed potatoes, and place them on a platter or large plate. Cut an X in the top of the potato, going to within ½-inch of the bottom. From the ends of the potato, squeeze potatoes to open. Fluff with a fork. Spoon topping onto potatoes, and sprinkle ¼ cup shredded pepper jack cheese on top of each. Serve immediately! Yummy! --Betty ☐