

Black Beans and Sweet Potato Tacos

Time: Under 30 minutes

Servings: Four

Level: Medium

Ingredients:

- o 1 can Organic Black Beans, rinsed
- o ½ Yellow Onion, finely diced
- o 1 clove Garlic, minced
- o 2 medium-sized Sweet Potatoes, diced about ½ inch cubes
- o 2 Tablespoons Olive Oil, divided
- o 1 teaspoon Adobo sauce from canned Chipotle in Adobo Sauce
- o ¼ of a Lime
- o Radishes (optional)
- o Avocado-Lime Cream Sauce (optional, but recommended!)
- o Corn-Tortillas (Gluten-Free, Non-GMO)
- o 1 Tablespoon Cilantro, chopped

Spice Mix

- o 1 teaspoon Paprika
- o ½ teaspoon Oregano
- o ½ teaspoon Ground Cumin
- o ½ teaspoon Salt
- o ¼ teaspoon Ground Black Pepper

Directions:

- 1) Preheat oven to 450°.
- 2) Toss diced Sweet Potatoes with half of the spice mix and about 1 Tablespoon of Olive Oil.
- 3) Bake Potatoes for about 15 minutes.
- 4) Heat a skillet to medium and add 1 Tablespoon of Olive Oil.
- 5) Add Onions and cook for 2 minutes.
- 6) Add Garlic, remaining half of Spice Mix, and Adobo sauce to pan and cook for 1 minute.
- 7) Add Black Beans to skillet and cook for about 1 minute. Remove from heat.
- 8) Once Potatoes are cooked add to skillet and squeeze the ¼ lime on mixture.
- 9) Make Avocado-Lime Cream Sauce (optional, but recommended!)
- 10) Heat Corn Tortillas either on stovetop or in a skillet and cover with a towel to keep warm.
- 11) Place Black Bean and Sweet Potato mixture on warmed corn tortillas. Top with Avocado-Lime Cream sauce and Radishes.

Fun tips and Information

- ❖ Avocado-Lime Cream Sauce: ½ ripe Avocado, ¼ cup Cilantro, 2 Tablespoons Greek Yogurt, 2 Tablespoons fresh Lime juice, ½ teaspoon Salt. Mix together in a small blender or mini-chopper. Add about 5-6 tablespoons of water as needed to make the blender run and the sauce smooth.