

Black Bean Stuffed Sweet Potatoes



FIELD & FORK

CAMPUS FOOD PROGRAM
UNIVERSITY OF FLORIDA

Ingredients:

- 4 medium- large sweet potatoes
- 1/2 cup sour cream or plain greek yogurt
- 1 teaspoon of lime juice
- 1/2 of a medium red or yellow onion, finely diced (about 1 cup diced)
- 1 1/2 tablespoons of oil (we used olive oil)
- 2 cloves garlic minced
- 1/2 teaspoon of cumin
- 1/2 teaspoon of chili powder
- ¼ teaspoon of cayenne pepper (optional – if you like spicy foods)
- 1 15 oz. can of low sodium black beans, drained and rinsed
- Optional – avocado and cilantro for garnish

Directions:

Pre-heat oven to 350 degrees F.

1. Wash sweet potatoes, dry them and Rub sweet potato with a small amount of oil. Sprinkle salt lightly on outside of the potato. Place on baking sheet and bake for an hour or until a fork can easily be inserted into the center flesh of the potatoes.
2. While the sweet potatoes bake, heat oil in a skillet over medium heat and then add in chopped onion. Sauté for 5 minutes until the onions begins to become translucent. Add in the spices stir and cook for an additional 3 minutes.
3. Add the black beans to the skillet and toss to combine. Continue to cook, stirring frequently, until the black beans are fully heated through. About 5 minutes. Take off of heat and set aside.
4. Once the sweet potatoes are done baking, let cool slightly. Once cool, cut the sweet potatoes open and drag a fork through the potato inside so it is mashed and easy to scoop.
5. Be sure your black beans are warm (or reheat) then spoon black bean mixture on top of each sweet potato half and top with sour cream or yogurt and, avocado, cilantro, if desired.

— Adapted from Epicurious: <https://www.epicurious.com/recipes/food/views/stuffed-sweet-potatoes-with-beans-and-guacamole>