

# Black Bean and Sweet Potato Tacos

Plant-Based and Delicious



## Stewed Black Beans

- 2 cups black beans, drained
- ¼ cup onions, diced ¼"
- ¼ cup jalapeños, diced ¼"
- ½ tsp Lawry's Mexican Seasoning
- ¼ tsp cumin
- ½ cup water

## Spiced Sweet Potato

- 4 cups sweet potatoes, diced ½"
- ¼ cup jalapeños, diced ¼"
- 2 tbsp brown sugar
- 1 tsp cumin
- 1 tsp garlic powder
- 2 tbsp canola oil

## Directions

Yield: 16 Tacos

### Black Beans:

1. Combine all ingredients in medium pot and simmer for 15 minutes.
2. Taste and adjust seasoning as desired. This recipe is salt-free, but you can add salt as needed.

### Sweet Potatoes:

1. Mix all ingredients in a mixing bowl and toss to coat.
2. Transfer seasoned potatoes to a vegetable sheet pan in a single layer.
3. Bake in a preheated 350-degree oven for 30-35 minutes until the potatoes are tender with crisp brown edges.

### Tacos:

1. Warm 16 flour tortillas or hard taco shells.
2. Place ¼ cup sweet potatoes and 2 tbsp black beans in each taco.
3. Add your favorite toppings to each taco, such as pico de gallo and shredded lettuce.