

SPICY SWEET POTATO & BLACK BEAN TACOS



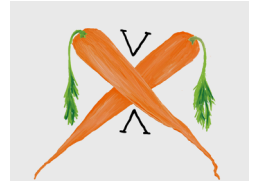
MAKES: 8-10 TACOS

PREP TIME: 15 MINS

COOK TIME: 25-30 MINS

TOTAL TIME: 45 MINS

THE VARIANT VEGGIE



PLANT-BASED
NUTRITION.

NEVER BLAND.
ALWAYS VARIANT.

INGREDIENTS

for sweet potatoes:

2 medium sweet potatoes, peeled and diced
2-3 tsp coconut or grapeseed oil
1/2 tsp sea salt
1 tsp chili powder
1/2 tsp cumin
1/2 tsp smoked paprika
1/4 tsp cayenne pepper
1/4 tsp fresh ground pepper
2-3 large garlic cloves, not peeled, tops cut off

for black beans:

1 15 oz can black beans, no salt added, rinsed and drained
1/2 cup low sodium vegetable broth
1-2 tsp favorite hot sauce or sriracha
1/2 tsp each - chili powder, cumin, smoked paprika
1 tsp pure maple syrup (optional)
1 tsp tamari, coconut aminos, or low sodium soy sauce

assembly + recommended toppings:

8-10 taco shells of choice (soft or hard shell, corn or flour)
Simple guacamole*
Cashew sour cream**
Diced tomatoes
Salsa
Shredded lettuce
Cilantro

METHOD

Pre-heat oven to 400 degrees F. Prepare sweet potatoes and place in a medium bowl with oil and spices. Toss to coat. Add to a baking sheet lined with parchment paper, distributing pieces evenly.

Prepare garlic cloves: leave the peel intact but use a sharp knife to chop off just the tops. This will prevent cloves from 'popping' in the oven. Rub with a small amount of oil and place on baking sheet with sweet potatoes.

Add baking sheet to the oven. Roast for 10 minutes, remove garlic cloves at this point and set aside. Stir/turn sweet potatoes for even cooking and roast another 10-15 minutes, until browning and lightly crisp. Set aside.

Prepare black beans while the sweet potatoes are roasting. Add all black bean ingredients to a medium saucepan, bring to a very low boil over medium-low heat, then reduce heat to simmer for 15-20 minutes. The liquid portion will begin to thicken. Mince the roasted garlic cloves and add to the black bean mixture, stirring well. Remove from heat and set aside.

To assemble, add sweet potatoes, black beans, and any suggested toppings to taco shells. I highly recommend the cashew sour cream and guacamole! Enjoy!

NOTES:

*Simple Guacamole: 2-3 ripe avocados, 1 TBSP lime juice, 1/2 tsp sea salt, 1-2 TBSP minced red onion, 1 garlic clove, minced, 1 TBSP fresh cilantro, chopped. Add avocado, lime juice, and salt to a small bowl. Mash together with a fork. Stir in remaining ingredients!

**Cashew sour cream: 1 cup raw cashews, soaked in water for 2 hours or overnight, drained and rinsed, 1-2 tsp lemon/lime juice, 1 tsp apple cider vinegar, 1/2 tsp sea salt, 1/2 cup water. Add ingredients to a small food processor or blender. Blend on high until smooth and creamy.

NUTRITION:

Serving Size: 1 taco + guacamole/cashew sour cream Total Calories: 254

Total Fat: 11 g Sodium: 200 mg Potassium: 444 mg Carbohydrates: 35 g

Fiber: 7 g Sugar: 4 g Protein: 7 g

Vitamin A: 99% Vitamin C: 28% Calcium: 12% Iron: 12% (Percent Daily Value)