# Sweet Potato Black Bean Tacos

# Ingredients

### For roasted sweet potatoes:

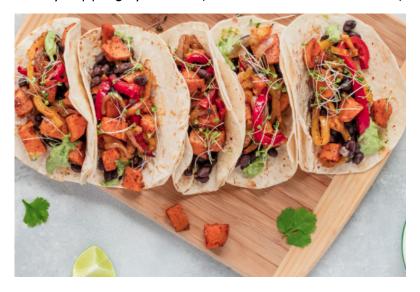
- 1-2 medium sweet potatoes cut into 1/2 inch cubes
- 2 Tablespoons olive oil
- 1/2 teaspoon salt
- 1 teaspoon chili powder
- 1/2 teaspoon ground cumin

#### For beans:

- 2 Tablespoons olive oil
- 1/2 medium-sized yellow onion, diced
- 1/2 teaspoon salt
- 1 clove garlic, minced
- 1 jalapeno, stemmed, seeded, and minced (optional)
- 1, 15 oz. can of black beans, drained and rinsed
- Apple cider vinegar or water as needed

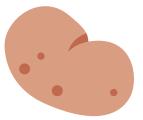
#### To serve:

- Corn tortillas
- Any toppings you like! (salsa, lettuce, avocados...)



## **Directions**

- 1. Preheat the oven to 425 degrees Farenheit.
- 2. Toss the sweet potatoes, oil, salt, cumin, and chili powder in a bowl. Spread into a single even layer on a cookie sheet.
- 3. Bake for 15 minutes and then use a spatula to stir the potatoes. Bake for another 15 minutes until the pieces have puffed up and have crispy edges.
- 4. While the potatoes are roasting, start the beans by heating the oil in a medium sized pan over medium heat. Add the onions and the salt and saute until soft, or 5 to 7 minutes.
- 5. Add the garlic and the jalapeno (if using) and saute for two more minutes. Fold in the beans.
- 6. Cook the beans, stirring occasionally, for 10 to 15 minutes. If the pan starts to sizzle, add a little water or apple cider vinegar.
- 7. Once the beans and potatoes are finished cooking, layer them onto warmed tortillas with your topping of choice.
  Enjoy!



### Did you know?

Sweet potatoes are good sources of Vitamin A, a nutrient that helps keep your eyes healthy!

Tune in at 5:30 on Wednesdays to the Sicangu Community Development Corporation Facebook to join our LIVE cooking class!