

# 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 Fahrenheit.
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! 😊