



Black Bean Stuffed Sweet Potatoes 2-4 servings

INGREDIENTS

- 2 sweet potatoes
- 1 15 oz can black beans (drained and rinsed)
- 1/4 cup yellow onion, chopped
- 1 Bell pepper , chopped
- 5 ounces baby spinach
- 1 Packet taco seasoning (optional)
- 1 Tbsp oil
- Optional add-ons: Avocado, salsa, green onions, tomatoes, scrambled eggs, hot sauce.

DIRECTIONS

1. Preheat oven to 400°F. Pierce potatoes with a fork several times and bake for about one hour or until tender.
2. Sauté onion, and pepper in a skillet until soft, about 3 minutes. Add in black beans and taco seasoning (if desired, will need to add water) and cook for 2 minutes. Add spinach and cook until just wilted. Remove from heat.
3. Remove potatoes from oven, cut them in half, smash each side with a fork and sprinkle with salt.
4. Top with black bean mixture and add on any of the optional toppings! Serve immediately.

*Recipe adapted from Eating Bird Food

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