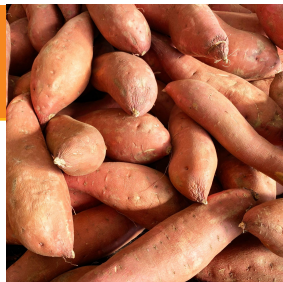


Black Bean Stuffed Sweet Potatoes

Prep Time: 15 min

Cook Time: 30 min

Servings: 2



Black Bean Stuffed Sweet Potatoes are a delicious way to get nutrients and protein. These can be eaten for any meal. Just add scrambled eggs for breakfast or enjoy as an entrée or use as a side dish to any chicken, beef, pork or tofu. Missing a few ingredients? This recipe is really flexible. Substitute your favorite veggies and toppings, the baked sweet potato is the real highlight!

Ingredients

- 2 sweet potatoes
- 1 15 oz can black beans (drained and rinsed)
- 1 small onion, chopped
- 1 bell pepper, chopped
- 5 ounces kale, chopped
- 1 Tbsp oil
- 1 Tbsp taco seasoning
- optional: top with salsa, sour cream, and avocado

Steps

1. Preheat oven to 375°F. Scrub sweet potatoes, rinse and dry. Pierce potatoes with a fork several times and bake for about 30-40 minutes or until tender.
2. While sweets are baking, wash and prep remaining vegetables. Heat skillet over medium high heat and sauté onions until soft, about 3 minutes; add peppers, kale and 2 Tbsp of water, reduce heat to medium, cover skillet and cook for 5 minutes until kale and peppers soften.
3. Add in black beans and taco seasoning and cook for 5 minutes until heated through. Taste and adjust seasoning. Remove from heat.
4. Remove potatoes from oven, cut them in half, use a fork to fluff up each side.
5. Top with black bean mixture and add on any of the optional toppings! Serve immediately.