

## Sweet Potato & Black Bean Tacos

A tasty plant-based take on taco night! These tacos are flavorful, delicious and ideal for a spring or summer meal.

### Ingredients (4 servings):

- Dice two medium sweet potatoes after peeling them
- One can of rinsed and drained black beans (15 oz)
- One tiny red onion cut finely
- Dice one red bell pepper
- Two garlic cloves chopped.
- 1 tsp ground cumin
- One teaspoon smoked paprika
- ½ teaspoon chilli powder (optional)
- Add salt and pepper to taste. One tablespoon avocado oil
- Eight flour or corn tortillas
- Chop some fresh cilantro for garnish
- Lime wedges (for serving)
- Avocado, salsa, vegan sour cream and shredded lettuce are optional garnishes



### Directions

1. To roast the sweet potatoes, preheat the oven to 400°F (200°C)
2. Add half the cumin, smoked paprika, avocado oil, salt and pepper to the chopped sweet potatoes

3. Place on a baking sheet and roast for 20 to 25 minutes or until soft and beginning to caramelize
4. To make the filling, heat a small amount of avocado oil in a big skillet over medium heat
5. Sauté the bell pepper, onions and garlic for five minutes until tender
6. Add the roasted sweet potatoes, black beans, and leftover spices
7. Cook for two to three minutes after gently stirring to combine
8. Adjust seasoning to taste

### **Warm the Tortillas:**

1. To make them soft, heat them in a dry skillet
2. Put the tacos together by scooping the black bean and sweet potato mixture onto each tortilla
3. Add avocado lime juice, fresh cilantro and any other toppings you like on top

### **Serve and Enjoy:**

Garnish with lime wedges and serve right away while still warm. A little chipotle or lime crema can be drizzled over the tacos for added flavour. In addition to being colourful and delicious, these tacos are vegan gluten-free (made with corn tortillas) and high in fiber and protein.