

Sweet Potato Stew with Orange Juice and Black Beans

From Rose Heston

Ingredients:

Serves 6

- 1 medium yellow onion, chopped (~1 cup)
- 1 Tbs chili powder
- 1 cup orange juice
- 1 Tbs honey
- Salt to taste
- 2 large sweet potatoes (~ 2 lb), peeled and cut into 1-inch chunks
- 1 ½ cups cooked black beans
- Optional: ¼ cup toasted slivered almonds

Directions:

Sauté onions in large pot over medium heat, using a bit of water if need to prevent sticking. Once translucent, add chili powder, orange juice, honey, salt and sweet potatoes. Cook, stirring occasionally, about 20 minutes, or until potatoes are done but still hold their shape. Add beans. Continued cooking another 5 minutes or until beans are heated through and stew has thickened slightly. Sprinkle with almonds, if desired.

