

# Taco Stuffed Sweet Potatoes



Ready in **30 minutes**

Serves **4**

Tip

**Prep all your toppings in tupperware and this is the perfect meal prep for the week. You can even mix up your sweet potato fillings. See ideas [here](#).**

**Add your favourite taco toppings to make it your own!**

## Equipment

- Cutting board and knife
- Medium pot
- Stirring utensil
- Immersion blender or potato masher (optional)
- Microwave or oven\*

## Ingredients

- 2 medium or 4 small sweet potatoes\*\*
- 1 can black beans, drained and rinsed
- 1 medium onion, diced
- 2-3 cloves garlic
- 1 tsp cumin, oregano and chili powder each
- 2 tbsp tomato paste (optional)
- ~1 cp water or broth
- Cooking oil and salt and pepper to taste.

## Suggested Toppings

- Thinly sliced iceberg lettuce
- Shredded chicken
- Diced tomatoes and or bell peppers
- Cilantro
- Fresh avocado, guacamole, or sour cream
- Salsa, hot sauce and/or pico de gallo

## Preparation

1. Heat your pot over medium heat and drizzle with oil. Saute your onions with a pinch of salt for 2-3 minutes or until translucent.
2. Add your garlic and cook for 30 seconds. Then add your spices and tomato paste, if use, and toast for 30 seconds or until fragrant.
3. Add your rinsed and drained black beans with enough water or broth to reach the top of the beans (~1 cp). Lower the heat to simmer and cover. Cook for 15 minutes or until liquid has thickened and the beans have softened.
4. While your beans are cooking, poke your sweet potatoes 2-3 times with a fork (this will allow the steam to release while they cook). Then microwave them (one or two at a time on a microwave safe plate) for 5 minutes, flipping halfway through. They should be soft enough to push a fork all the way to the center. If they are not, then microwave for 30 second increments until soft (cooking time varies with microwaves and potato size).
5. Let the potatoes cool slightly while prepping your toppings and then slice lengthwise into the centre (halve them completely if using medium-large potatoes). Use a fork to mash the soft inside of the potato inside the skin.
6. When your beans are soft use an immersion blender, potato masher or fork to mash/blend the beans. They can be blended until completely smooth or left slightly chunky. Add water as needed. Note- it will thicken as it cools.
7. To Serve- Fill your sweet potato with the black bean filling and dress with your favorite taco toppings. One great combo is beans, fresh tomatoes, iceberg lettuce, diced onions and fresh guacamole or ranch/chipotle dressing.

\*Baking the potatoes may be more convenient if you are making a larger batch. Poke the potatoes 3-4 times and place on a baking sheet in a 425 F oven for 45-50 min or until tender to the centre.

\*\* Regular potatoes work as well but the cooking time may be shorter.

Image from <https://savorandsavvy.com/stuffed-sweet-potatoes/>