



LOADED SWEET POTATOES

With Black Beans, Cheese, Cilantro and Red Bell Pepper

INGREDIENTS

Prep Time: 2 Hours

Servings: 4-8

4 medium Sweet Potatoes
2 tablespoons Olive Oil
2 cans Black Beans
1 Onion, chopped
1 Red Bell Pepper, chopped
2 heads Garlic, minced
2 tablespoons Lime Juice, or to taste
Salt & Pepper, to taste
8 oz Monterey Jack Cheese (or Pepper jack)
Cilantro
Sour Cream
Extra Lime Wedges

MEAL PLAN TIP

Cook these for dinner and cook extra sweet potatoes to save for later on in the week. Cooked sweet potato will last 3 to 5 days in the fridge wrapped up or in an air tight container. Just add the toppings and microwave or heat up in oven!

DIRECTIONS

- 1. Roast the sweet potatoes:** preheat oven to 350F. Thoroughly scrub and clean sweet potatoes, dry with a paper towel. Rub 1/2 tbsp. olive oil on each sweet potato. Prick all over each with a fork. Wrap in foil and roast in the oven 40-60 minutes until tender - easily pricked with a fork or pairing knife; let cool.
- 2. Make the black bean filling:** In a large frying pan, add 2 tbsp. olive oil. Add onion and red bell pepper and cook until translucent and just beginning to brown. Add the garlic and cook 1 more minute. Add the black beans to the pan and season with salt, pepper and lime juice. Remove from heat.
- 3. Fill the sweet potatoes:** Slice each sweet potato in half. With a fork, lightly mash the inside of the potato and season with a little salt and pepper. Place 1/8 of the black bean mixture on top of each sweet potato half. Top with 1 oz of shredded cheese and return to the oven to melt the cheese.
- 4. To serve,** top with cilantro and sour cream with extra lime wedges on the side.