



SWEET POTATO AND BLACK BEAN TACOS

with Avocado Crema

PREP: 15 MIN
TOTAL: 40 MIN

LEVEL 1

NUT FREE

VEGGIE



HELLO

VEGGIE TACOS

Sweet potatoes are here to steal the show

INGREDIENTS:

- Sweet Potato
- Yellow Onion
- Cilantro
- Garlic
- Black Beans
- Lime
- Flour Tortillas (Contains: Wheat)
- Honey
- Cumin
- Avocado
- Sour Cream (Contains: Milk)

FOR 2 PEOPLE:

- 1
- 1
- ¼ oz
- 2 Cloves
- ½ Box
- 1
- 6
- 2 tsp
- 1 tsp
- 1
- 4 TBSP

FOR 4 PEOPLE:

- 2
- 2
- ½ oz
- 4 Cloves
- 1 Box
- 2
- 12
- 4 tsp
- 2 tsp
- 2
- 8 TBSP

NUTRITION PER SERVING

875 cal | Fat: 38 g | Sat. Fat: 9 g | Protein: 20 g | Carbs: 110 g | Sugar: 16 g | Sodium: 678 mg | Fiber: 21 g

START STRONG

Cut your sweet potatoes on the small side—½-inch cubes are ideal. That way, they'll be less likely to fall out of the taco as you reach in for a bite.



BUST OUT

- Baking sheet
- Zester
- Aluminum foil
- Olive oil (2 TBSP | 4 TBSP)
- Strainer
- Large pan
- Small bowl



1 PREHEAT AND ROAST SWEET POTATOES

Wash and dry all produce.

Preheat oven to 400 degrees. Cut **sweet potato** into ½-inch cubes. Toss diced **sweet potato** on a baking sheet with **1 TBSP olive oil** and a pinch of **salt** and **pepper**. Roast until tender and lightly browned, 15-20 minutes.

2 PREP

Meanwhile, halve, peel, and dice **onion**. Pick **cilantro leaves** off stems. Mince or grate **garlic**. Drain and rinse half a can of **black beans** (we sent more). Zest and halve **lime**.

3 COOK AROMATICS AND BEANS

Heat **1 TBSP olive oil** in a large pan over medium heat. Add **onion** and cook until softened, 5-6 minutes, tossing occasionally. Season with **salt** and **pepper**. Add **garlic** and **black beans** and toss until fragrant and warmed through, 3-4 minutes.



4 WARM TORTILLAS AND MAKE FILLING

Wrap **tortillas** in aluminum foil and warm in oven, 5 minutes. Meanwhile, toss roasted **sweet potatoes**, **honey**, **cumin**, and **juice of ½ a lime** into pan and cook until liquid is mostly evaporated, 2-3 minutes. Season with **salt** and **pepper**.

5 MAKE AVOCADO CREMA

Halve and pit **avocado**. Scoop out flesh from peel with a spoon. Cut one half into thin slices. Mash together other **avocado half**, **sour cream**, **juice of ½ a lime**, and **lime zest** with a fork in a small bowl. Season with **salt** and **pepper**.

6 ASSEMBLE TACOS

Spread **avocado crema** onto **tortillas**, then top each with **sweet potato filling**, **avocado slices**, and **cilantro leaves**.

PHENOMENAL!

Use leftover beans or filling to make taco bowls with rice.