



SWEET POTATO AND BLACK BEAN TACOS

with Avocado Crema and Cilantro



HELLO
VEGGIE TACOS
 Sweet potatoes, beans, and avocado are here to steal the show.


PREP: 15 MIN | TOTAL: 40 MIN | CALORIES: 880


Sweet Potatoes


Cilantro


Black Beans


Flour Tortillas
(Contains: Wheat)


Cumin


Sour Cream
(Contains: Milk)


Yellow Onion


Garlic


Lime


Honey


Avocado

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 go in for a bite.

BUST OUT

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

INGREDIENTS

Ingredient 2-person | 4-person

- | | |
|-------------------|---------------------|
| • Sweet Potatoes | 2 4 |
| • Yellow Onion | 1 1 |
| • Cilantro | ¼ oz ¼ oz |
| • Garlic | 2 Cloves 4 Cloves |
| • Black Beans | ½ Box 1 Box |
| • Lime | 1 2 |
| • Flour Tortillas | 6 12 |
| • Honey | ½ oz 1 oz |
| • Cumin | 1 tsp 2 tsp |
| • Avocado | 1 2 |
| • Sour Cream | 4 TBSP 8 TBSP |

HELLO WINE



PAIR WITH

Noche en Blanco Campo de Borja
Garnacha-Syrah, 2015

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1 ROAST SWEET POTATOES

Wash and dry all produce. Preheat oven to 400 degrees. Cut **sweet potatoes** into ½-inch cubes. Toss on a baking sheet with **1 TBSP olive oil** and a pinch of **salt** and **pepper**. Roast in oven until tender and lightly browned, about 20 minutes.



4 WARM TORTILLAS AND MAKE FILLING

Wrap **tortillas** in foil and place in oven to warm, about 5 minutes. (**TIP:** Alternatively, wrap tortillas in a damp paper towel and microwave on high until warm, about 30 seconds.) Toss **sweet potatoes, honey, cumin,** and **juice** from one lime half into pan and cook until liquid is mostly evaporated, 2-3 minutes. Season with **salt** and **pepper**.



2 PREP

Meanwhile, halve, peel, and dice **onion**. Pick **cilantro** leaves from stems; discard stems. Mince or grate **garlic**. Drain and rinse half the **black beans** from the box (use the rest as you like). Zest **lime** until you have ½ tsp zest, then cut into halves.



5 MAKE AVOCADO CREMA

Halve, pit, and peel **avocado**. Cut one half into thin slices. Roughly chop other half and place in a medium bowl along with **sour cream, juice** from remaining lime half, and **lime zest**. Mash with a fork until mostly smooth. Season with **salt** and **pepper**.



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**. Cook, tossing, until fragrant and warmed through, 3-4 minutes.



6 ASSEMBLE TACOS

Spread **avocado crema** onto **tortillas**, then top each with **filling, avocado slices,** and **cilantro**. **TIP:** Break out the hot sauce if you like it spicy.

PHENOMENAL!

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

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