

Taste of Home



Sweet Potatoes with Cilantro Black Beans

★★★★★

As a vegan, I'm always looking for impressive dishes to share. Sweet potatoes loaded with beans and a touch of peanut butter are one of my mom's favorites. —Kayla Capper, Ojai, California

TOTAL TIME: Prep/Total Time: 20 min.

YIELD: 4 servings.

Ingredients

4 medium sweet potatoes (about 8 ounces each)

1 tablespoon olive oil

1 small sweet red pepper, chopped

2 green onions, chopped

1 can (15 ounces) black beans, rinsed and drained

1/2 cup salsa

1/4 cup frozen corn

2 tablespoons lime juice

1 tablespoon creamy peanut butter

1 teaspoon ground cumin

1/4 teaspoon garlic salt

1/4 cup minced fresh cilantro

Additional minced fresh cilantro, optional

Directions

1. Scrub sweet potatoes; pierce several times with a fork. Place on a microwave-safe plate. Microwave, uncovered, on high 6-8 minutes or until tender, turning once.



2. Meanwhile, in a large skillet, heat oil over medium-high heat. Add pepper and green onions; cook and stir 3-4 minutes or until tender. Stir in beans, salsa, corn, lime juice, peanut butter, cumin and garlic salt; heat through. Stir in cilantro.

3. With a sharp knife, cut an "X" in each sweet potato. Fluff pulp with a fork. Spoon bean mixture over potatoes. If desired, sprinkle with additional cilantro.

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