



Loaded Sweet Potatoes with Black Beans

Recipe Source: <http://hayliepomroy.com>

Serves 6

Ingredients:

6 medium sweet potatoes
1 medium yellow onion, diced
2 tsp minced garlic
2 tsp dried oregano
1 tsp fennel seed, crushed
1 tsp ground cinnamon
1 tsp ground cumin
1/8 tsp ground nutmeg
1/4 tsp freshly ground pepper
1/2 tsp sea salt
3 TBSP vegetable broth or water
1 14.5-ounce can fire-roasted tomatoes
2 15-ounce cans black beans, drained and rinsed
Green onion or chives, for serving

Steps:

- Preheat oven to 450° F.
- Scrub the potatoes, wrap each one in foil, and bake them for 1 hour. (You can microwave the sweet potatoes on high for 8 minutes, flipping the potatoes halfway through cooking time).

Meanwhile, make the black beans:

- In a medium saucepan over medium-high heat, saute the onion, garlic, oregano, fennel seed, cinnamon, cumin, nutmeg, pepper, and salt in vegetable broth until the onion softens, about 5 minutes.
- Stir in the tomatoes with their juice and the beans, turn the heat to medium-low, cover, and cook until the tomatoes and beans have broken down slightly, about 15 minutes.
- Uncover the pot and turn off the heat (the bean mixture will thicken as it cools slightly).
- Cut a lengthwise slit on one side of each sweet potato.
- Scoop out flesh into a bowl and mash well.
- Refill each skin with the mashed sweet potato.
- Top with 2/3 cup of the bean mixture and a sprinkling of snipped chives or green onion.

Nutritional Facts: Calories: 259, Carbohydrates: 52 grams, Protein: 10 grams, Total Fat: 1 gram, Saturated Fat: 0 grams, Cholesterol: 0 mg, Sodium: 877 mg, Fiber: 11 grams, Total Sugars: 9 grams.