

# BLACK BEAN CHILI STUFFED SWEET POTATO

## NUTRITION FACTS

Serving Size: 1/4 of the recipe

Calories: 259 | Carbohydrates: 54g | Protein: 11g | Total Fat: 1g | Saturated Fat: 0g | Sodium: 177mg | Fiber: 14g

## INGREDIENTS

- 4 Medium sweet potatoes
- 1 Tbsp Vegetable broth
- 1 Yellow onion (chopped)
- 1 Yellow bell pepper (chopped)
- 2 Garlic clove (minced)
- 1 1/2 Tbsp Chili powder
- 1 tsp Oregano
- 1/2 tsp Cumin
- 1 3/4 cup Black beans (cooked, drained, rinsed)
- 3/4 cup Tomato sauce
- 1/3 cup Water
- 1/4 cup Cilantro (chopped)

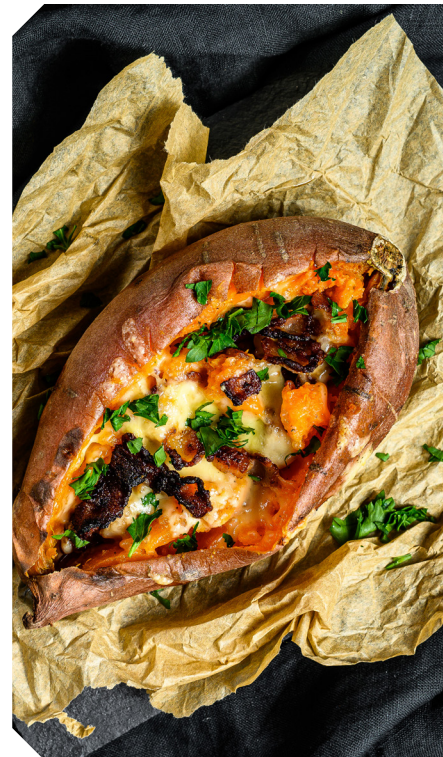
## DIRECTIONS

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Poke a few fork holes in the sweet potatoes and place on the baking sheet. Bake for 45 to 50 minutes until cooked through.
2. While the potatoes bake, in a medium-sized pot over medium heat, add the vegetable broth and saute the onion and bell pepper for 5 to 7 minutes, or until tender. Add the garlic and cook for 1 minute more. Then add the chili powder, oregano and cumin. Stir to combine. Reduce the heat to low, add the black beans, tomato sauce and water, and cook for 6 to 8 minutes.
3. Remove the sweet potatoes from the oven. Slice each one down the middle and stuff with the black bean chili. Top with cilantro. Serve and enjoy!

## NOTES

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Additional toppings:** Top with avocado, sour cream, cheese, or plain Greek yogurt.





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