

Black Bean Smothered Sweet Potatoes

Ingredients

1

LeafSide Black Bean & Chunky Tomato Soup

6

baked sweet potatoes

1/2

of one red onion

1

yellow bell pepper

1 or 2

avocados per preference

These simple and satisfying sweet potatoes will fill you up without weighing you down! It couldn't be any easier to have a protein-packed, high-fiber meal that delights the entire family with its flavorful combination of savory & sweet. Hearty black beans, tangy tomatoes, and creamy avocados are a magical trio that loves being loaded onto a beta-carotene rich sweet potato. Enjoy fuss-free, nutritious & delicious goodness at its finest!

Makes 6 Servings

PREP TIME: 15 minutes • COOK TIME: 15 minutes

wheat
free

Tools Needed: microwave

1. Prepare LeafSide's Black Bean & Chunky Tomato Soup as directed.
2. Warm pre-baked sweet potatoes in the microwave.
3. Chop red onion, slice yellow bell pepper into half strips, and cut avocado into chunks.
4. Cut sweet potato down the center & fill with the LeafSide meal.
5. Top with red onions, yellow bell peppers, and avocado as desired.

Other suggested toppings: green onions, any color bell peppers, zucchini, yellow or butternut squash, red or green cabbage, spinach, kale, collard greens, corn, pepitas, plain unsweetened yogurt, lime juice.



Substitute cooked butternut squash for the sweet potatoes.

21

*Unique Whole
Plant Foods*

The Sweet Spotlight

With their rich orange hue, sweet potatoes add a splash of color to your plate and bring a bounty of nutrients essential for optimal health. Revered as one of the planet's healthiest foods, these root vegetables are a powerhouse of potassium, which is necessary for every cell in our body to function correctly. Beyond being incredibly nutritious, sweet potatoes are recognized for their affordability and high nutrient density, making them an ideal superfood for health enthusiasts and budget-conscious eaters. Whether baked, boiled, or steamed, incorporating sweet potatoes into your diet is a delicious strategy to enhance nutrient intake. Their versatility in recipes and their profound health benefits, including potential anticancer properties, make sweet potatoes a valuable addition to any meal, offering a simple yet effective way to boost your overall well-being.



Have Feedback?

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Lunch | Dinner