

BLACK BEAN AND SWEET POTATO HASH

The Mexican-inspired flavor in this dish is delicious over brown rice, wrapped in a whole-wheat tortilla or as a side dish.

Ingredients :

1 tablespoon oil
1 cup chopped onion
2 cloves garlic, minced
2 cups peeled and chopped sweet potatoes (about 2 small)
2 teaspoons chili powder
1 cup vegetable broth
1 cup cooked (or canned) black beans
1/4 cup chopped green onions
1/4 teaspoon salt
Dash hot sauce (optional)
Garnish: chopped cilantro (optional)

Directions :

Heat oil in large pan over medium-high heat. Add onion, and sauté 2 to 3 minutes. Stir in garlic. Add sweet potatoes and chili powder, stirring to coat. Stir in vegetable broth. Bring mixture to a boil and cover. Reduce heat to simmer and cook until sweet potatoes are soft. Add beans, green onions, and salt. Cook 1 to 2 minutes longer or until beans are thoroughly heated. Add hot sauce, if desired. Serve topped with cilantro.

Serves 4

Recipe from The Veggie Queen by Jill Nussinow, MS, RD