

## **SWEET POTATO AND BLACK BEAN TACOS**

(from *Simply Sugar and Gluten-Free*)

1 large sweet potato, peeled and diced 1/4 inch  
1 Tablespoon canola oil  
1 onion, diced  
1 14.5-ounce can black beans, drained, liquid reserved  
1/2 teaspoon cumin  
1/2+ teaspoon chile powder  
10 corn tortillas  
salt and pepper

### **Optional topping ideas:**

guacamole  
salsa  
cheese  
sour cream  
shredded lettuce  
shredded veggies

Preheat the oven to 200°F.

Place the sweet potato in a steamer basket with 1/2-inch of water in the pan. Cook for 10 minutes, or until cooked through but still al dente. Meanwhile, heat the oil in a large nonstick saute pan over medium-low heat. Add the onion and cook for 5-8 minutes, until soft. Add the beans, cumin, chile powder, and 1/4 cup of the reserved bean liquid. Mash some of the beans in the pan and add more liquid as necessary.

Heat a medium nonstick skillet over medium-high heat and toast the tortillas until they're warm and a little brown on each side. Wrap the tortillas in aluminum foil and keep warm in the oven.

When the sweet potatoes are cooked, add them to the beans and stir. Add more liquid if necessary. The taco filling shouldn't be dry, but it shouldn't be runny either. Taste and adjust seasoning as needed.

Spoon the filling into the center of each tortilla. Top as desired.