



Healthy Recipes

From NH Healthy Families Staff



nh healthy families.

Black Bean Chili Stuffed Sweet Potatoes

Ingredients:

- 2 sweet potatoes
- A few tbsp vegetable broth
- ½ onion
- ½ yellow bell pepper, thinly sliced
- Minced garlic clove
- 2 ½ tsp chili powder
- 1 tsp oregano
- ½ tsp cumin
- 1 can low sodium black beans
- 5 tbsp tomato paste
- ¼ cup water
- Chopped cilantro if desired



Prep: 10 mins Cook Time: 50 min
Servings: 2

Directions:

Preheat oven to 400° and line a baking sheet with parchment paper. poke a few holes in the sweet potatoes and bake for 45-50 minutes until cooked to your liking. While the potatoes cook, in a medium pot over medium heat, add the vegetable broth. Add onion and pepper and saute for 5-7 minutes. add the garlic and cook for 1 minute more. Add seasons and stir to combine. Reduce heat to low, add black beans, and tomato paste and water and cook for 6-8 minutes. Remove sweet potatoes from oven and slice each down the center and stuff with black bean chili.

Notes:

This recipe is whole food plant based/vegan.

Recipe provided by:

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Why its important to Christina to support our community?

I believe food is the way to avoid, or treat, chronic medical conditions. Educating our members on nutritious meals can really change the health of the community one person at a time.

Source: mrsjackedonplants.com/