



SWEET POTATO BLACK BEAN STEW



PANTRY CLIPS MEAL KIT

Step-by-step instructions and all the ingredients you need to make this delish dish! Serves 4-6.



THIS KIT INCLUDES (INGREDIENTS):

Olive oil, onion, garlic cloves, sweet potato, canned black beans, canned tomatoes, canned tomato paste, canned green chilies, bouillon cube, and spices (chili powder, cumin, oregano, garlic powder, onion powder)



Scan this QR code and check out our YouTube channel to find the video for this recipe, so you can follow along with Chef Edna as she cooks!

Flip to find the instructions for this recipe



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SWEET POTATO BLACK BEAN STEW



INGREDIENTS

2 tablespoons olive oil
1 large onion, diced
3-4 garlic cloves, minced
1 large sweet potato, diced
2 cans of black beans, drained and rinsed
1 can fire roasted diced tomatoes
1 can tomato paste
1 can diced green chilies
1 vegetable bouillon cube
3 cups hot water

Spices:
2 tablespoons chili powder
1 tablespoon cumin
1 teaspoon dried oregano
1 teaspoon garlic powder
1 teaspoon onion powder
Salt and pepper to taste

Optional toppings:
Diced avocado
Chopped cilantro
Tortilla strips
Plain greek yogurt
or sour cream

METHOD

1. In a large pot, heat the oil over medium heat. Add the onions and saute until softened. Add the garlic and then the spices and stir for a few minutes until fragrant.
 2. Add the diced potatoes, black beans, tomatoes, paste and green chilis and stir well. Add the water and the bouillon cube and simmer until the sweet potato is tender but not falling apart. Add additional water if you'd like the chili to be a little lighter. Season to taste.
 3. If using any of the garnishes, top each serving bowl with desired toppings!
- * Make extra to store in the freezer for quick meals
 - * Serve for breakfast! Add a fried egg ontop and enjoy as a hearty breakfast.
 - * Store in the fridge up to 5-6 days.
 - * Add cooked ground beef, chicken, or turkey to include meat.