



#### In your box

- 28 oz. Sweet Potatoes
- 2 Small Corn Tortillas
- 1 Shallot
- 15 ½ oz. Black Beans
- 1 Roma Tomato
- 1 Jalapeño Pepper
- ¼ oz. Cilantro
- 1 Tbsp. Taco Seasoning
- 2 oz. Shredded White Cheddar Cheese
- 2 oz. Sour Cream

CONTAINS milk



## Taco-Stuffed Sweet Potatoes

with white cheddar and black beans

NUTRITION per serving—Calories: 839, Carbohydrates: 111g, Fat: 35, Protein: 17g, Sodium: 1677mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time  
**30-40 min.**

Cook Within  
**7 days**

Difficulty Level ● ● ○  
**Intermediate**

Spice Level ● ○ ○ ○  
**Mild**

## 🕒 You will need

Olive Oil, Salt, Pepper, Cooking Spray  
Baking Sheet, Microwave, Large Non-Stick Pan

## 👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Preheat oven to **450 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **cheese**



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### Microwave the Sweet Potatoes

- Pierce **sweet potatoes** four to five times with a fork for ventilation.
- Microwave potatoes until easily pierced with knife tip, 10-12 minutes. (Microwaves vary in power; begin checking doneness every minute after 9 minutes.)
- *Alternatively, bake potatoes on a foil-lined baking sheet in a 450 degree oven until easily pierced with a knife, 45-60 minutes.*
- While potatoes cook, prepare ingredients.



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### Prepare the Ingredients

- Halve **tortillas**. Stack halves and cut into ¼” strips.
- Peel and halve **shallot**. Cut into ¼” dice.
- Drain **black beans**.
- Core **tomato** and cut into ¼” dice.
- Stem **jalapeño**, seed, remove ribs, and cut into ¼” dice. *Be sure to wash hands, utensils, and cutting board after working with jalapeño.*
- Mince **cilantro** (no need to stem).



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### Fry the Tortilla Strips

- Line a plate with a paper towel.
- Place a large non-stick pan over medium-high heat. Add 3 Tbsp. **olive oil** and **tortilla strips** to hot pan. Stir constantly until crispy, 2-4 minutes.
- Remove to towel-lined plate.
- Reserve pan; no need to wipe clean.



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### Cook the Beans

- Return pan used to fry tortilla strips to medium-high heat.
- Add **shallot** to hot pan. Stir occasionally until softened, 3 minutes.
- Add **beans** and ½ cup **water**. Stir occasionally until water has evaporated, 3-5 minutes.
- Season with ¼ tsp. **salt**.
- Remove from burner.



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### Finish the Sweet Potatoes

- Cut **sweet potatoes** lengthwise ¾ of the way through, leaving ¼ bottom of potato intact.
- Place on prepared baking sheet. Season with **taco seasoning** and a pinch of **salt** and **pepper**, and top with half the **cheese** (reserve remaining for garnish).
- Roast until cheese is melted, 3-5 minutes.
- Plate dish as pictured on front of card, garnishing with **tomato**, **tortilla strips**, **jalapeño**, **cilantro**, remaining cheese, and **sour cream**. Bon appétit!