



Sweet Potato & Black Bean Tacos



Ingredients:

- 2 medium sweet potatoes, peeled and diced into ½ inch cubed
- 1 medium yellow onion, chopped
- 1 cup frozen corn, thawed and drained
- 1 can black beans (about 14.5 oz)
- 4 Tbsp olive oil, divided
- 3 Tbsp honey
- 3 Tbsp freshly squeezed lime juice
- 2 Tbsp fresh cilantro, chopped
- 1 ½ tsp minced garlic
- 1 tsp cumin
- 1 tsp paprika
- ½ tsp ground coriander
- ½ tsp salt
- 10 tortillas, corn or flour

Toppings: sour cream, cotija cheese, shredded lettuce, diced avocado

Instructions:

1. Preheat oven to 425°F. Toss diced sweet potatoes in 3 Tbsp olive oil, cumin, paprika, coriander, and salt.
2. Bake for 15 to 20 minutes, stirring once after about 10 minutes.
3. In a large skillet, heat 1 Tbsp olive oil on medium-high heat. Add onion and sauté until nearly golden brown.
4. Add minced garlic and sauté for an additional 30 seconds.
5. Reduce heat to medium-low and add corn, black beans, honey, and lime juice. Heat until all ingredients are warm.
6. Add in cooked sweet potatoes and cilantro.
7. Serve over warm tortillas and add toppings as desired.

History & Fun Facts:

- Tacos were first created in Mexico.
- They became popular in the U.S. in the early 20th century, especially in California and Texas.
 - A variation of the original taco is the hard-shell taco, which was created in the U.S.

Sourced from: <https://en.wikipedia.org/wiki/Taco>

Recipe Adapted from: <https://www.cookingclassy.com/honey-lime-sweet-potato-black-bean-and-corn-tacos/>

