

Roasted Sweet Potato and Black Bean Tacos

If you've been following this blog for anytime now, you probably know that one of my favorite foods to eat with my Ava Jane's Kitchen Avocado Oil are black beans. The fragrant avocado oil pairs so well with the earthiness of the beans that it's almost like they were made for each other.

One of my favorite foods to go with black beans is sweet potatoes, which, coincidentally, also go with the avocado oil beautifully, so it's no surprise that a combo of all three is downright amazing.

This recipe is super simple, and perfect for a busy weeknight. It fulfills three of my major requirements when it comes to dinner recipes: Easy, filling, and delicious. It's not the fastest recipe due to roasting the sweet potatoes, but that's all hands off time, so as long as you plan a tiny bit ahead, these tacos are perfect.

There are two main components to this recipe. First, you'll cube and roast your sweet potatoes with avocado oil and seasonings, and then you'll toss your black beans with the oil, some lime juice, and garlic. When you're ready to enjoy your tacos, just add a scoop of each to some warm corn tortillas, and top with whatever you like. I didn't go fancy here — some crumbled Cojita cheese, and some cabbage/kale mix for greenery and crunch. You *could* add salsa, guacamole/avocado, or sour cream if you like, but for this particular occasion, I kept it as simple as possible.

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Serves 4

Ingredients:

Sweet potatoes:

2 medium sweet potatoes, peeled and cubed
2 tablespoons Ava Jane's Kitchen Avocado Oil
1 teaspoon ground cumin
1 teaspoon ground coriander
1/2 teaspoon Colima Sea Salt

Beans:

1 can black beans, drained and rinsed
1/4 cup Ava Jane's Kitchen Avocado Oil
2 cloves garlic, minced
Juice of 1 lime
1/2 teaspoon Colima Sea Salt

Tacos:

12 corn tortillas, warmed according to package directions
Your favorite toppings: lettuce/cabbage, cheese, salsa, avocado

Directions:

Preheat oven to 400 degrees F. Toss the sweet potatoes with the oil, seasonings, and salt. Lay on a baking sheet in a single layer and roast until browned and tender, 30-40 minutes.

Toss the beans, oil, garlic, lime juice, and salt in a bowl and let sit at room temperature while the potatoes are cooking.

When the sweet potatoes are done, remove from oven and allow to cool slightly. To serve, spoon the sweet potatoes and black beans into the warmed tortillas and top with your desired toppings.