



Sweet Potato and Black Bean Stew

Active Time: 10 minutes | **Total Time:** 15 minutes | **Serves:** 1

Nutrition Information Per Serving

341.8 calories, 44.8 g carbohydrate, 11.23 g fiber, 33.57 g NET carbs, 10.06 g protein, 14.75 g fat

Ingredients

- 1/4 tsp(s) Real Salt
- 2 clove(s) garlic, minced
- 1/2 medium(s) organic sweet potato
- 1/2 small(s) organic onion, diced
- 1/4 tsp(s) freshly ground black pepper, to taste
- 1 Tbsp organic, extra-virgin olive oil
- 1/4 tsp(s) dried oregano
- 1 cup organic vegetable stock
- 1/2 cup(s) canned organic black beans, drained and rinsed
- 1/4 tsp(s) organic dried thyme
- 1 small plum organic plum tomato, chopped

Preparation

1. Peel and chop the sweet potato into cubes.
2. Put sweet potatoes in a saucepan with 2 Tbsp. water.
3. Cover and steam over medium high heat until sweet potatoes are tender, 5-10 minutes.
4. While the potatoes are cooking, heat the oil over medium heat in a medium pot or Dutch oven.
5. Add the onion and garlic and cook until soft, about 5 minutes.
6. Add the chopped tomato, vegetable stock, and seasonings and simmer 5 minutes.
7. Add the beans and cooked sweet potatoes.
8. Stir, season with salt and pepper and serve.

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