

# DINNERLY



## Black Bean Stuffed Sweet Potatoes

Developed by Our Registered Dietitian



20-30min



2 Servings

Dinnerly's resident dietitian is bringing you meals that are both ultra-satisfying and super nourishing. These taco-inspired sweet potatoes are stuffed to the brim with creamy black beans, melty cheese, fresh salsa, and guac for the fully loaded experience—i.e. loaded with flavor AND nutrition thanks to protein, healthy fats, and complex carbs (aka the good-for-you kind). We've got you covered!

### WHAT WE SEND

- 2 sweet potatoes
- 15 oz can black beans
- ¼ oz taco seasoning
- 2 oz shredded cheddar-jack blend <sup>7</sup>
- 4 oz salsa
- 2 oz guacamole
- ¼ oz fresh cilantro

### WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- garlic
- white wine vinegar (or apple cider vinegar) <sup>17</sup>

### TOOLS

- microwave
- microplane or grater
- medium skillet
- rimmed baking sheet

### ALLERGENS

Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

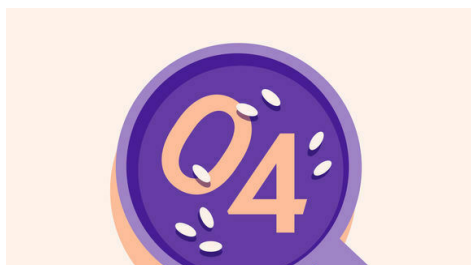
### NUTRITION PER SERVING

Calories 630kcal, Fat 21g, Carbs 88g, Protein 21g



#### 1. Microwave potatoes

Scrub **sweet potatoes**, then prick all over with a fork. Rub with **oil** and season all over with **salt** and **pepper**. Place in a microwave-safe dish and microwave on high, about 5 minutes. Flip potatoes, then continue to microwave until tender and easily pierced through to the center with a knife, 3–5 minutes more (watch closely as microwaves vary).



#### 4. Assemble sweet potatoes

Once **sweet potatoes** are cool enough to handle, carefully split lengthwise and transfer to a rimmed baking sheet. Gently fluff insides of potatoes with a fork, creating a well in the center. Top with **black bean mixture**, then sprinkle **cheese** evenly over top. Broil on upper oven rack until cheese is melted and skin is crispy, 3–5 minutes (watch closely).

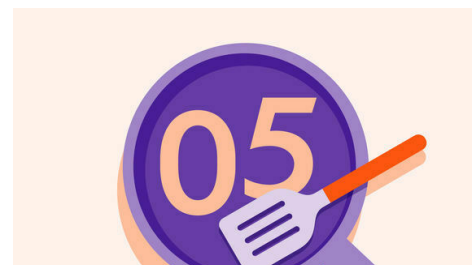


#### 2. Prep ingredients

Preheat broiler with a rack in the upper third.

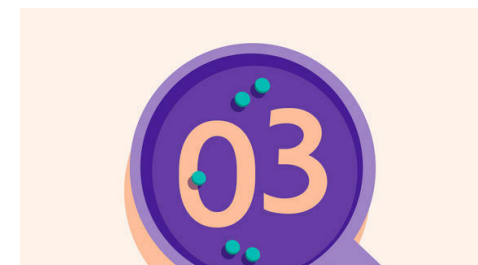
Finely grate 2 **teaspoons garlic**.

Drain **black beans** (do not rinse).



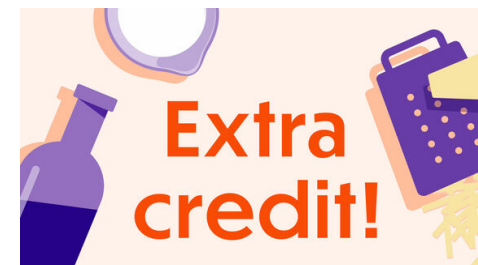
#### 5. Finish & serve

Serve **black bean stuffed sweet potatoes** with **salsa** and **guacamole** over top. Tear **cilantro leaves** over top. Enjoy!



#### 3. Cook beans

Heat 1 **tablespoon oil** in a medium skillet over medium-high. Add **grated garlic**, **black beans**, **taco seasoning**, ¼ **cup water**, and 2 **teaspoons vinegar**. Cook, stirring, until slightly thickened, about 5 minutes. Remove from heat. Season to taste with **salt** and **pepper**.



#### 6. Health hack!

Draining the beans in step 2 reduces the sodium in this dish. We prefer not to rinse them to ensure the filling is super creamy, but to make this dish even more heart-healthy, feel free to rinse your beans and add a touch more water to the skillet in step 3.