

# DINNERLY



## Tex-Mex Black Bean & Sweet Potato Stew:

More servings? Or leftovers? You choose!



30-40min



2 Servings

We've been living in our hibernation clothes for some time now, so, it feels appropriate that, like the squirrels, we're loading up! Not on acorns, silly....On dinner! These comfort food meals are choose-your-own-adventure-style. Choose to fill your plate with an extra serving OR store some away for the next day OR share with other hibernating friends and fam. Either way, you win. We've got you covered!

### WHAT WE SEND

- 1 green bell pepper
- garlic
- 1 sweet potato
- 15 oz can black beans
- 2 (4oz) pkgs red taco sauce
- 3 oz baby spinach
- 2 (1 oz) pkts sour cream <sup>7</sup>

### WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper

### TOOLS

- medium Dutch oven or pot with lid

### ALLERGENS

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

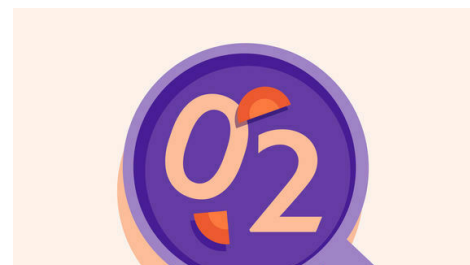
### NUTRITION PER SERVING

Calories 220kcal, Fat 6g, Carbs 34g, Proteins 7g



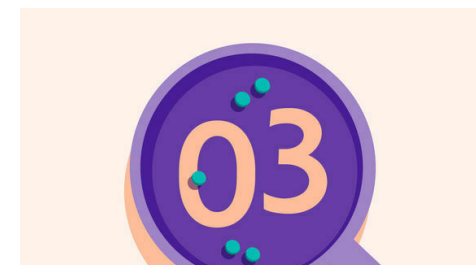
#### 1. Prep ingredients

Halve **pepper**, discard stem and seeds, then cut into ½-inch pieces. Finely chop **2 teaspoons garlic**. Cut **sweet potato** into ½-inch pieces (no need to peel).



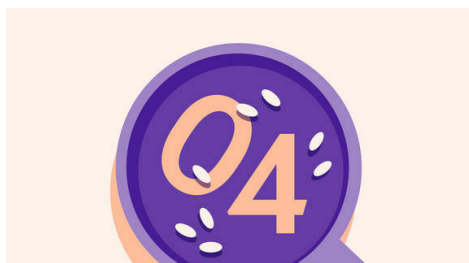
#### 2. Sauté peppers & garlic

Heat **1 tablespoon oil** in a medium Dutch oven over medium-high. Add **peppers** and **chopped garlic**; season with **salt** and **pepper**. Cook, stirring, until peppers are slightly softened and lightly browned in spots, 2–3 minutes.



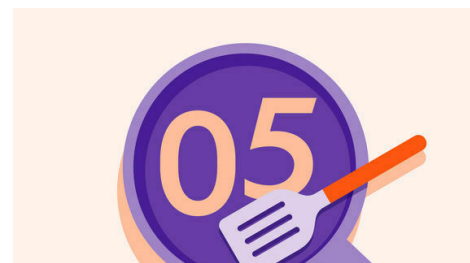
#### 3. Add beans & sweet potato

Add **beans and their liquid**, **sweet potatoes**, **2 cups water**, **all of the taco sauce** and **½ teaspoon salt** to pot with **peppers**; bring to a boil.



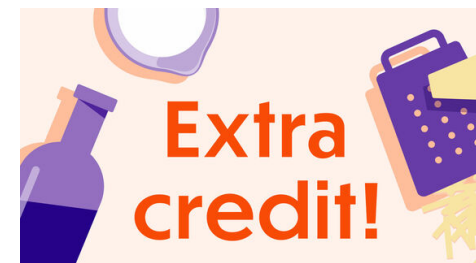
#### 4. Simmer stew

Reduce heat to medium and simmer **stew** until **sweet potatoes** are tender, 15–20 minutes (stew will thicken as it cooks).



#### 5. Finish & serve

Add **spinach** in 2–3 batches to pot with **stew**, stirring until just wilted. Spoon **black bean & sweet potato stew** into bowls and squeeze a dollop of **sour cream** over top. Enjoy!



#### 6. Make it your own!

We chose creamy sour cream, but feel free to load up your tex-mex stew with your favorite fixings! Top your stew with a spoonful of guac, crushed tortilla chips, pickled jalapeños -- whatever you like!