



BLACK BEAN STUFFED SWEET POTATOES WITH CHILI ALMOND BUTTER SAUCE

SERVES 2 OR 4

TIME: 40 MIN

CALORIES: 490/SERVING



A super simple healthy and hearty meal that comes together quickly and practically cooks itself! Tender caramelized sweet potatoes stuffed with sautéed black beans, fresh arugula, creamy avocado and an incredible chili almond butter sauce to tie it all together.

WHAT YOU'LL NEED

- Baking sheet
- Silicone baking mat (optional)
- Large pan
- Oil
- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

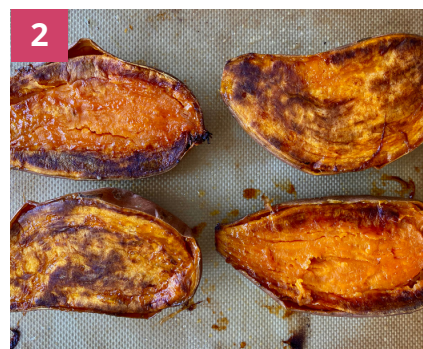
2 servings

4 servings

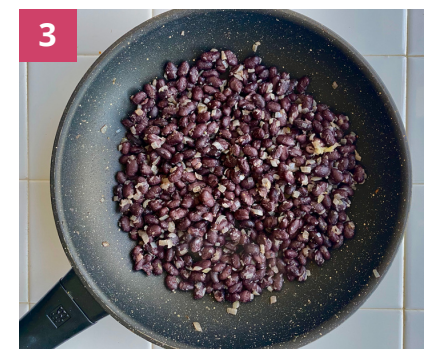
Sweet potatoes	2	4
Shallot	1	2
Garlic	1 clove	2 cloves
Black beans	1 cup	2 cups
Arugula	2 cups	4 cups
Avocado	1	2
Hemp seeds	2 tbsp	4 tbsp
Chili almond butter sauce	3 tbsp	6 tbsp



Preheat your oven to 425°F and prep your ingredients: Halve the **sweet potatoes**, finely dice the **shallot**, mince the **garlic**, rinse the **black beans**, and dice the **avocado**.



Brush the cut sides of the **sweet potatoes** with a little bit of **oil** then place face down on a baking sheet lined with silicone baking mat or lightly greased. Bake in the oven for 25-30 minutes until fork tender and slightly golden brown.



Meanwhile, warm 1 tbsp of **oil** (2 tbsp for 4 servings) in a large pan. Once hot, add the **shallot** and **garlic** and sauté for 3-5 minutes until soft and translucent. Add in the **black beans** and continue to sauté for another 5 minutes. Season with **salt** and **pepper**.



Slightly break open and mash the **sweet potatoes** and stuff with the **black beans**. Top with **arugula**, **avocado**, **chili almond butter sauce**, and **hemp seeds**. Serve with **salt** and **pepper**.

Nutrition Facts	
Valeur nutritive	
Per Serving (329 g)	
pour 1 (329 g)	
Calories 490	% Daily Value*
Fat / Lipides 25 g	% valeur quotidienne*
Saturated / saturés 2.5 g	13 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 55 g	
Fibre / Fibres 15 g	54 %
Sugars / Sucres 9 g	9 %
Protein / Protéines 17 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 250 mg	11 %
Potassium 1200 mg	26 %
Calcium 175 mg	13 %
Iron / Fer 5 mg	28 %
*5% or less is a little 15% or more is a lot	
*5% ou moins c'est peu 15% ou plus c'est beaucoup	



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