

# Stuffed Ranchero Sweet Potato

<u>Nutrition Facts:</u>	
Yield	2 servings
Calories	455
Fat	1.5 g
Sodium	79 mg

<u>Code</u>
\$, Q, V, RH, DF

## Ingredients Needed:

2 sweet potatoes  
1 cup black beans  
1 tomato, chopped  
1 clove minced garlic  
2 tablespoons minced onion  
Juice from 1/2 lime  
2 tablespoons of chopped cilantro  
Optional: cumin, chili powder & garlic powder



## Recipe Directions:

- Cook sweet potato in microwave for 5-10 minutes.
- Chop tomato, onions, cilantro and garlic, mix together
- Optional: Season black beans with cumin, chili powder and garlic powder to taste
- Cut sweet potato in half, and gently mash the two halves with a fork
- Pour black beans over potato, then add salsa type mixture on top
- Add juice from lime and cilantro