

Our State eats

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Sweet Potato & Red Bean Tacos

Yield: 4 servings.

Sweet potatoes:

- 2 pounds sweet potatoes (3 to 4 medium sweet potatoes), peeled and cut into 1-inch chunks
- 2 tablespoons olive oil
- ½ teaspoon smoked paprika
- ½ teaspoon salt

Red beans:

- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 2 teaspoons ground cumin
- ¼ teaspoon chili powder
- 2 cans dark red kidney beans, rinsed and drained
- ¼ cup water
- 1 teaspoon lime juice
- ½ teaspoon salt

Avocado dip:

- 2 avocados, pitted and peeled
- 1 cup lightly packed fresh cilantro leaves, chopped
- 1 small jalapeño, seeded and diced
- 2 cloves garlic, minced
- 2 tablespoons fresh lime juice
- 2 tablespoons water
- ½ teaspoon salt



Tacos:

- 8 to 10 corn tortillas
- 1 cup red cabbage, finely shredded
- 1 cup Feta cheese, crumbled
- Lime wedges (for garnish)

For the sweet potatoes: Preheat oven to 425°. Line a large, rimmed baking sheet with parchment paper. Toss sweet potatoes with olive oil, paprika, and salt. Arrange in a single layer on the baking sheet and bake for 30 to 40 minutes, tossing halfway through, until sweet potatoes are tender and caramelizing at the edges.

For the beans: In a large saucepan, heat olive oil over medium heat. Add onion and a sprinkle of salt. Cook, stirring occasionally, until the onions turn translucent, about 5 to 8 minutes. Add cumin and chili powder, and cook for about 30 seconds while stirring. Pour in the beans and water. Stir, cover, and reduce heat to a simmer.

Simmer for 5 minutes, then remove the lid and use a potato masher or a fork to mash up half of the beans. Remove from heat, stir in the lime juice, and season with salt. Cover and set aside.

For the avocado dip: Place avocado into a food processor or blender. Add cilantro, jalapeño, garlic, lime juice, water, and salt. Blend until smooth, scraping down the sides of the processor or blender as necessary. Taste, and add more salt if necessary. Transfer dip to a small bowl for serving.

For the tacos: Heat a large skillet over medium heat and warm the tortillas in batches, flipping to warm each side. Stack the warmed tortillas on a plate and cover with a tea towel.

To assemble, spread beans down the center of each tortilla, then top with sweet potatoes and avocado dip. Garnish with Feta, cabbage, and lime wedges.

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