

Sweet Potato Tacos with Lime Crema

Prep Time: 15 Minutes

Cook Time: 15 Minutes

Serves: 8

Ingredients:

- 1 Tbsp. olive oil
- 2 cloves garlic
- 1.25 lbs. sweet potato
- 15oz. can black beans
- 1 tsp. cumin
- Salt and Pepper to taste
- 2 green onions
- ¼ bunch fresh cilantro (optional)
- 8 small (taco sized) tortillas

Crema

- 8oz. tub sour cream or crema
- 1 fresh lime
- ¼ tsp. salt



Directions:

- Prepare the crema first. Mince one clove of garlic and use a zester or small holed cheese grater to scrape the thin layer of green zest from the lime. Add the garlic and about 1 tsp. of the zest to the sour cream, along with ¼ tsp. salt and about 1 tsp. of the lime juice. Stir the ingredients to combine then refrigerate until ready to use.
- Peel the sweet potatoes, and cut into small cubes. Heat a skillet over medium heat and add oil and garlic. Sauté the garlic for about a minute or just until it becomes fragrant. Add the diced sweet potato and a couple tablespoons of water. Sauté the sweet potato until they become soft and just begin to fall apart. Add another couple tablespoons of water during cooking if the skillet becomes dry.
- Drain and rinse the black beans. Once the sweet potatoes are soft, add the black beans to the skillet. Season with the cumin, and salt and pepper to taste. Sauté just until the beans are heated through.
- Add the sliced green onions into the skillet. Add the cilantro to the skillet if desired, or use it to top each taco. Smear a small amount of the lime crema down the center of the tortilla, then top with a scoop of the sweet potato and black bean hash.

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Add fresh cilantro if

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