

# Sweet Potato and Black Bean Stew

Rating: ★★★★★

**Prep time:** 20 minutes

**Cook time:** 40 minutes

**Makes:** 6 Servings

This hearty main dish combines the sweetness of orange sweet potatoes and the robustness of black beans, with the surprise addition of Swiss chard and a light touch of cumin. Serve over brown rice or whole-wheat couscous for a warm delight!

## Ingredients

- 2 tablespoons** vegetable oil
- 1/2** small pepper Dried New Mexican chili pepper, whole
- 1 1/4 cups** Fresh onions, peeled, diced
- 1 teaspoon** ground cumin
- 1 1/2 cups** Fresh sweet potatoes, peeled, cubed 1/2"
- 6 cups** Canned low-sodium black beans, drained, rinsed
- 3/4 cup** orange juice
- 1 cup** Low-sodium chicken stock
- 1 tablespoon** red wine vinegar
- 1/4 teaspoon** salt
- 1/4 teaspoon** ground black pepper
- 4 cups** Fresh Swiss chard, no stems, chopped

## Directions

1. Heat vegetable oil in a large pot. Cook chili pepper and onions for 1-2 minutes.
2. Add cumin and cook for 2 minutes..



## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	222	
Total Fat	4 g	
Protein	10 g	
Carbohydrates	43 g	
Dietary Fiber	12 g	
Saturated Fat	0.34 g	
Sodium	536 mg	

## MyPlate Food Groups

Vegetables	3/4 cup
Protein Foods	3 ounces

3. Add sweet potatoes, black beans, orange juice, and chicken stock. Bring to a boil. Cover and reduce heat to low. Simmer for 20 minutes or until the potatoes are tender.
  4. Remove chili pepper and discard.
  5. Add vinegar, salt, and pepper.
  6. Add Swiss chard. Cover and continue cooking until Swiss chard is tender. Serve hot.
- May serve over brown rice or whole-wheat couscous.

## Notes

### Our Story

Skyline High School is located at the crest of the Oakland Hills in California. The team grew out of an existing afterschool cooking academy that teaches cooking skills and nutrition. The team is excited to have their recipe, Sweet Potato and Black Bean Stew, represented in this cookbook.

Sweet Potato and Black Bean Stew was created when the team at Skyline High School decided to match an unlikely pair of ingredients. The wonderful recipe combination is as savory as it is sweet. This stew is brought to a healthy and earthy conclusion with flavorful Swiss chard, a delicate and mild-flavored, dark-green leafy vegetable. Served over brown rice or whole-wheat couscous, this stew warms the soul and feeds the mind.

### Skyline High School

Oakland, California

### School Team Members

**School Nutrition Professional:** Donnie Barclift

**Chef:** Jenny Huston

**Community Members:** Rusty Hopewell (Health Center Nutritionist) and Sage Moore

**Students:** Karen M., Quailyn S., and Rudy R.

1 cup provides:

Legume as Meat Alternate: 3 oz equivalent meat alternate, 1/8 cup dark green vegetable, 1/4 cup red/orange vegetable, and 1/4 cup other vegetable.

OR

Legume as Vegetable: 3/4 cup legume vegetable, 1/8 cup dark green vegetable, 1/4 cup red/orange vegetable, and 1/4

cup other vegetable.

*Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.*

Recipes for Healthy Kids Cookbook for Homes