

# Mexi beans on sweet potato



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Total time: 65 min

Preparation: 15 min

Cooking: 50 min

Serves: 6

Category: Hot Meals

RRP: \$6.50 ea

Level: Easy

This price is provided as a guide only and should be checked before using it as a listed menu price.

## Ingredients

500 g Sweet potato

10 g Cayenne pepper

10 g Ground cumin

10 g Ground cinnamon

10 ml Olive oil

1 each Onion

1 each Red capsicum

10 g Minced garlic

0.25 each Coriander bunch

5 g Chilli flakes

400 g Kidney beans

500 g Tomatoes, diced

10 ml Natural yoghurt

0.25 each Avocado

## Recipe

1. Preheat oven to 200 degrees
2. Peel and chop sweet potatoes into bite sized chunks and place onto baking tray
3. Sprinkle with half of the cayenne, cumin and cinnamon and drizzle with olive oil and toss to coat
4. Roast for 40 minutes or until golden and tender
5. Peel and roughly chop onion
6. Over a medium heat, cook onion, capsicum and garlic for 5 minutes
7. Add coriander, chilli and spices and cook for a further 5 minutes or until soft
8. Add beans and tomatoes and stir
9. Bring to the boil, reduce to a medium heat and leave for 30 minutes or until thickened and reduced
10. Stir through the sweet potato
11. Divide into individual portions and serve with a drizzle of yoghurt and avocado

## Full description

Thank you to the team at St Andrew's Anglican College for sharing this recipe.