

# Sweet Potato Stir Fry

## Ingredients

1 sweet potato, peeled and diced  
1 tbsp chopped garlic  
1/2 tbsp olive oil  
Pinch of salt, pepper and paprika  
1/2 large red onion, diced  
1 small bell pepper, diced  
1/4 cup corn  
1/4 cup black beans, rinsed if using  
canned  
1/4 tsp chipotle chili powder  
1/4 tsp oregano  
1/4 tsp cumin  
Salt and pepper to taste  
Juice of half lime

## Optional:

Cheese or Nutritional Yeast  
Coriander for garnish  
1/2 sliced avocado  
100% corn tortillas  
Baby Spinach



## Directions

- Pre-heat oven to 400 degrees Celsius.
- Put diced sweet potato into a large mixing bowl. Drizzle with olive oil and season with salt, pepper and paprika. Pour on to a parchment lined baking pan, and put in the oven to roast. Total roasting time is 20-25 minutes; be sure to mix them around the 10-12 minute mark.
- When the potatoes have about 10 minutes left (or they are done) you can start the stove top portion. Heat 1/2 tbsp of olive oil over medium heat in a large frying pan.
- Once the oil is heated up, add the onion and sauté for about 3-5 minutes until slightly brown; add garlic and cook for another 1-2 minutes. Stir in the bell peppers and cook for 30 seconds.
- Quickly add the corn and black beans, stir for 30 seconds. Now add your spices (chili, oregano, cumin) and toss in the roasted sweet potato. Give it a good stir to make sure everything is covered.
- Add salt/pepper to taste, if needed. Remove from heat and drizzle with fresh lime juice, mixing one last time.
- Dress with optional ingredients