



Sweet Potato, Black Bean, & Chard Stew

Source: USDA Recipes for Healthy Kids

Servings

6

Ingredients

1/3 of a whole, dried New

Mexican chili pepper

2/3 cup onion, *diced*

1 Tbsp vegetable oil

1/2 tsp ground cumin

1 1/4 cups sweet potatoes, *peeled, cut into 1/2 -inch cubes*

1 1/2 cans or 23 oz canned low-sodium black beans, *drained & rinsed OR dried black beans, cooked*

1/3 cup orange juice

1/2 cup

low-sodium

chicken

stock

1 1/2 tsp red

wine vinegar

Pinch of ground black pepper

3 cups chard, *stems removed, chopped*



Preparation

1. Sauté chili peppers and onions in oil for 2-3 minutes.
2. Add cumin and sauté for 2 minutes.
3. Add sweet potatoes, black beans, orange juice, and stock. Bring to a boil.
4. Cover and reduce heat to low. Simmer for 20 minutes or until sweet potatoes are tender.
5. Remove chilies and discard. Add vinegar, salt, pepper, and chard. Cover.

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