



# Casa Mendosa™ Sweet Potato and Black Bean Tacos

Serves 2-3 / 30 mins



## INGREDIENTS

4 - 6 Casa Mendosa™ Whole Wheat Tortillas small

8 oz. tub sour cream

1 fresh lime

1 tbsp. olive oil

1 medium sweet potato, cubed

15 oz. black beans, cooked, drained and rinsed

1 tsp. cumin

Salt and Pepper to taste

2 green onions

1/4 bunch fresh cilantro (optional)

## DIRECTIONS

 **Prep time 10 min | Cook 20 min | Ready in 30 min**

- 1** Peel the sweet potatoes, then cut them into small cubes. Heat a large skillet over medium flame, and then add the diced sweet potato and a couple tbsp. of water. Sauté the sweet potato until they become soft and just begin to fall apart. Add another couple tbsp. of water during cooking if the skillet becomes dry before the sweet potatoes are soft.
- 2** 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.
- 3** Slice the green onions and pull the cilantro leaves from the stems. Roughly, chop the cilantro. Stir the sliced green onions into the skillet. Add the cilantro to the skillet if desired, or use it to top each taco.
- 4** Prior to filling each Casa Mendosa™ tortilla, heat them in a dry skillet until slightly crisp on each side. Smear a small amount of the sour cream down the center of the tortilla, then top with a scoop of the sweet potato and black bean hash.
- 5** Garnish with fresh cilantro and lime wedges, and enjoy!