

Sweet Potato and Black Bean Hash

1 T. oil

2 medium onions, chopped

1 small green or red bell pepper,
chopped

1 med. sweet potato, peeled
and diced (1" cubes)

2 cloves garlic, minced

1½ t. ground cumin

1 t. chili powder

½ t. salt

¾ cup vegetable broth or water

¾ cup organic corn kernels (if
frozen, no need to defrost)

1 can black beans (15 oz.), rinsed
and drained

2 T. chopped fresh cilantro

In a large cast-iron skillet or pot over medium-high heat, warm the oil. Add onions and bell pepper and cook, stirring often, until beginning to brown, about 4 min. Add sweet potato and cook, stirring often until beginning to brown, about 5 min. Add garlic, cumin, chili powder and salt and stir for 30 seconds. Add broth and cook until almost absorbed, about 5 min. Stir in corn and black beans and cook, stirring occasionally until heated through. Stir in cilantro and season to taste with pepper. Serve hot.