

Sweet Potato and Black Bean Bowls

Beans are a high-fiber and low-fat source of protein. They are a healthy option for people with high blood pressure or diabetes.



**Don't have sweet potatoes?
Use white potatoes or brown rice.**

More recipes are available at
pittsburghfoodbank.org/recipecards

Greater Pittsburgh
**community
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Chop potato into bite-size pieces.
Leave skin on for more fiber.



Use tomatoes, corn, onions and
seasoning to make salsa.



Top 1 cup cooked potatoes with $\frac{1}{2}$
cup salsa and $\frac{1}{4}$ cup black beans.



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Preparation time: 15 minutes | **Cook time:** 40 minutes | **Cost:** \$3.75

Ingredients:

- 5 cups **sweet potato**, chopped
- 2 teaspoons **oil**
- 1 (15 ounce) can **diced tomatoes**, drained
- ½ cup **canned corn**, drained
- ½ cup **onions**, chopped
- ½ teaspoon **garlic powder**
- 1 teaspoon **chili powder** (optional)
- 1 (15 ounce) can low-sodium **black beans**, drained

Directions:

1. Preheat oven to 400°F.
2. Add sweet potato and oil to a mixing bowl. Stir to mix.
3. Spread sweet potatoes on a baking sheet. Cook for 40 minutes.
4. While the potatoes cook, make the salsa. Add tomatoes, corn, onions and seasonings to a bowl. Stir to mix. Set aside.
5. Heat black beans in a saucepan over low heat.
6. When fully cooked, add 1 cup sweet potatoes to a bowl. Top sweet potatoes with ½ cup salsa and ¼ cup black beans.

Nutrition Facts	
4 servings per container	
Serving size	1 bowl
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 63g	23%
Dietary Fiber 15g	54%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 124mg	10%
Iron 3mg	15%
Potassium 1333mg	30%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Makes 4 servings

