



BLACK BEAN & SWEET POTATO TACOS

kale, corn, cotija cheese, lime crema, slaw

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
910

Taco Tuesday meets Meatless Monday with this fresh take on a Mexican classic. In lieu of meat, we've filled warm flour tortillas with roasted black beans, sweet potatoes, kale, and corn. It's all drizzled with a bright lime crema and topped with a sprinkle of creamy cotija cheese. A cabbage and bell pepper slaw, dressed in a tangy-sweet cilantro cider vinaigrette, adds the perfect crunchy contrast on the side.

INGREDIENTS (12 ITEMS)

- 13¼ oz **Black beans**
- 9¾ oz **Sweet potatoes**
- 1 tsp **Cuban spice blend**
- 2¾ oz **Lacinato kale**
- 1 whole **Lime**
- 2¾ oz **Cabbage**
- 1 unit **Red bell pepper**
- 1½ oz **Cilantro cider vinaigrette with agave**
- 2 oz **Sour cream** M
- 6 whole **Flour tortillas** W
- 1½ oz **Corn**
- ¾ oz **Cotija cheese** M

WHAT YOU'LL NEED

- baking sheet
- mixing bowls
- measuring spoons
- strainer
- microplane
- oven mitt
- cooking & olive oils
- salt & pepper

ALLERGENS

- M MILK
- W WHEAT

4 COOKING FOR
If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 ROAST BEANS & SWEET POTATOES

- Preheat oven to 400 degrees.
- Strain and rinse **black beans**.
- Place **beans** and **sweet potatoes** in a large bowl. Drizzle with 1-2 tablespoons cooking oil. Season with **Cuban spice blend**, about ½ teaspoon salt, and about ¼ teaspoon pepper. Stir to coat.
- Spread **beans and sweet potatoes** out in a single layer on a lightly oiled, foil-lined baking sheet. (Wipe out bowl; reserve.) Roast 16-18 minutes, or until sweet potatoes are fork-tender and lightly browned, stirring halfway through.

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 PREP

- Remove and discard any thick center stems from **lacinato kale**. Roll leaves into a large "cigar" and slice across into ribbons, about ¼ inch wide.
- Zest half of the **lime** with a microplane (or on small holes of a box grater). Quarter **lime**.
- Roughly chop **cabbage*** if necessary.
- Cut **red bell pepper*** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.

*The ingredient you received may be a different color.

3 MESSAGE KALE

- Place **kale** in bowl used for beans and sweet potatoes. Drizzle with 1-2 teaspoons olive oil. Squeeze juice from two **lime wedges** over bowl. Lightly season with salt. Massage until leaves soften.

4 MAKE SLAW

- Place **cabbage** and **bell pepper** in a medium bowl. Drizzle with **cilantro cider vinaigrette with agave** to taste. Toss to combine. Season with salt and pepper to taste.

5 MAKE LIME CREMA

- Mix **sour cream** and **lime zest** together in a small bowl. Add water 1 teaspoon at a time until mixture reaches a drizzling consistency. Season with salt. Stir to combine.

6 WARM TORTILLAS

- Stack **flour tortillas** on foil; wrap with foil. Place directly on oven rack. Warm 6-8 minutes, or until tortillas are heated through.

7 MAKE FILLING

- Transfer **beans and sweet potatoes** to bowl with **kale**. Add **corn**. Stir to combine. Season with salt and pepper to taste.*

*Taste the filling after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious final product.

8 PLATE YOUR DISH

- Divide **tortillas** between plates. Top with **black bean and sweet potato filling**. Drizzle with **lime crema** to taste. Sprinkle with **cotija cheese**. Serve with **cabbage and bell pepper slaw** on the side. Serve with remaining **lime wedges**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (666g)

Amount per serving

Calories **910**

	% Daily Value*
Total Fat 38g	49%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 1820mg	79%
Total Carbohydrate 102g	37%
Dietary Fiber 25g	89%
Total Sugars 16g	
Includes 1g Added Sugars	2%
Protein 31g	
Vitamin D 0mcg	0%
Calcium 295mg	25%
Iron 5mg	30%
Potassium 940mg	20%

* The % Daily Value (DV) 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.

All ingredients in this recipe:

Lime, Cotija Cheese [pasteurized milk, salt, cheese cultures, enzymes, anti-caking agent [potato starch, corn starch, cellulose, natamycin (an all natural mold inhibitor)]], **Sour Cream** [cultured cream], **Green Cabbage, Bell Peppers, Cilantro Cider Vinaigrette** (Cilantro, Apple Cider Vinegar [apple cider vinegar], Garlic, Sunflower Oil [high oleic sunflower oil], Agave [organic agave syrup], Sea Salt), **Flour Tortillas** [wheat flour (unbleached wheat flour, niacin, iron thiamin mononitrate, riboflavin, enzyme, folic acid), water, vegetable shortening (palm oil), salt, mono- and diglycerides, calcium propionate, vital wheat gluten, rice flour, sugar, sodium bicarbonate, fumaric acid, sorbic acid, sodium aluminum sulfate, sodium aluminum phosphate, guar gum, cmc gum, enzymes (wheat starch, microcrystalline cellulose), sodium metabisulfite], **Sweet Potatoes, Black Beans** [black beans, water, salt], **Corn** [corn], **Cuban Spice Blend** [dehydrated vegetables (garlic, onion, green bell pepper, tomato), spices (cumin, black pepper, oregano, coriander), salt, paprika (color), cilantro, and orange peel], **Lacinato Kale**

Allergen information:

Contains Milk And Wheat

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.

