

# Taco Stuffed Sweet Potato



PREP TIME

10 mins

COOK TIME

1 hr 30 mins



COURSE

Dinner, Gluten Free, Lunch



SERVINGS

4 servings

CALORIES

368 kcal

## INGREDIENTS

- 4 medium sweet potatoes
- 1/2 c salsa of choice
- 1 medium avocado ripe
- 1 15 oz can pinto beans rinsed and drained
- 1 Tbsp pickled jalapeno diced

## INSTRUCTIONS

1. Pierce the sweet potatoes with a fork several times and bake – either in the oven at 425°F/220°C for 45-60 minutes or in a microwave according to its directions. After they are done cooking, set aside to cool slightly.
2. While they are cooling, heat up the pinto beans and lightly mash them.
3. Cut the sweet potatoes lengthwise and open slightly to create a “pocket” inside.
4. Top with salsa, avocado, pinto beans, and jalapeños.
5. Add some vegan crema if you have it and macros allow!

## NUTRITION

## Nutrition Facts

Taco Stuffed Sweet Potato

**Amount Per Serving**

<b>Calories</b>	368	Calories from Fat	57
<b>% Daily Value*</b>			
<b>Fat</b>	6.3g	<b>10%</b>	
<b>Carbohydrates</b>	76.5g	<b>26%</b>	
<b>Protein</b>	12.3g	<b>25%</b>	

\* Percent Daily Values are based on a 2000 calorie diet.



**Tried this recipe?**

Let us know how it was!