



## SWEET POTATOES AND BLACK BEANS

- 1 QUART RED BELL PEPPERS, CHOPPED
- 2 CUPS GREEN ONIONS, TRIMMED, SLICED
- 1 ½ TABLESPOONS GARLIC, MINCED
- 1 ½ TABLESPOONS HOT CHILE PEPPER, MINCED
- 1 CUP VEGETABLE OIL
- 4 LBS BRIGHT HARVEST COUNTRY STYLE CENTER CUTS SWEET POTATOES, DEFROSTED
- 2 QUARTS CANNED BLACK BEANS, DRAINED, RINSED
- 1 TEASPOON SALT
- 1 CUP CILANTRO, CHOPPED

**METHOD:**

COOK BELL PEPPER, GREEN ONIONS, GARLIC AND CHILE PEPPER IN OIL OVER MEDIUM HEAT ABOUT 7 MINUTES UNTIL SOFTENED. CUT SWEET POTATOES INTO 1-INCH PIECES. ADD TO VEGETABLES; COOK AND STIR 5 MINUTES. ADD BEANS AND SALT. COOK AND STIR 5 MINUTES LONGER UNTIL SWEET POTATOES TEST TENDER. REMOVE FROM HEAT AND STIR IN CILANTRO. SERVE HOT.

***SERVING SUGGESTIONS:***

SERVE WITH GRILLED OR BROILED FISH AND MEAT

***YIELD:***

24 SERVINGS

***PORTION SIZE:***

6 OUNCES

***NUTRITIONAL INFORMATION:\****

PORTION SIZE	170g	TOTAL CARBOHYDRATES	27g
CALORIES	204	DIETARY FIBER	7g
CALORIES FROM FAT	68	SUGARS	5g
TOTAL FAT	8g	PROTEIN	7g
SATURATED FAT	1g	VITAMIN A**	43%
CHOLESTEROL	0mg	VITAMIN C**	102%
SODIUM	85mg	CALCIUM**	3%
POTASSIUM	459mg	IRON**	10%

\*NUTRIENT VALUES REPRESENTATIVE OF THESE RECIPES. RESULTS MAY VARY DEPENDING UPON CHOICE OF INGREDIENTS AND PREPARATION METHOD.

\*\* % DAILY VALUES BASED ON 2,000 CALORIE DIET.