

# Sweet Potato Tex Mex Skillet

## Ingredients

- 1 1/2 lbs sweet potato, cubed •
- 1 small onion, chopped
- 2 large garlic cloves, minced •
- 1 tbsp coconut or avocado oil
- 2 large red bell peppers, diced •
- 14 oz can low sodium black beans, drained & rinsed •
- 1 cup corn (frozen or canned)
- 14 oz can diced tomatoes, low sodium •
- 1 tbsp cumin, divided
- 1/2 tbsp taco seasoning •
- 3/4 tsp salt, divided
- 1/2 lime, juice of
- 1 cup (4 oz) Tex Mex cheese, shredded •
- 2 medium avocados, diced
- 2 green onions, chopped
- 1/3 cup cilantro or parsley, chopped
- Greek yogurt and salsa, for garnish (optional)
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## Instructions:

- Preheat a large deep skillet on medium heat and swirl oil to coat.
- Add sweet potatoes, 1/2 tbsp cumin, 1/2 tsp salt and cook for 5 minutes, stirring occasionally.
- Add onion, garlic, bell pepper and cook for another 3 minutes, stirring occasionally.
- Add black beans, corn, diced tomatoes, remaining 1/2 tbsp cumin and 1/4 tsp salt, taco seasoning and pepper; then stir.
- Bring to a boil, reduce heat to low, cover and cook for 15 minutes or until potatoes are soft.
- Turn off heat. Add avocado, green onion, cilantro, lime juice and stir. Sprinkle with cheese, cover and let stand until the cheese has melted.
- Serve hot with greek yogurt and salsa if desired.

