

# Taco Stuffed Baked Sweet Potatoes

Adapted from Berlo's Best



## INGREDIENTS

4 **sweet potatoes**

1 pkg of **black beans**

1 chopped up **onion**

Taco seasoning package

**OR** use your own mix of cumin, paprika and chilli powder

**pea shoot micro greens**

1 Ontario greenhouse **tomato**

1 Ontario greenhouse **pepper**

1 cup shredded cheddar cheese

1/2 cup sour cream

Make it your own with:

Jalapeños, avocado, cilantro, salsa and any other favourite toppings.

### Kitchen tip...

Try this quick soak method: Place beans in water and bring to a boil for 3 minutes. Remove from heat and cover for at least one hour.

## DIRECTIONS

1. Prepare beans: See kitchen tip below OR soak beans in water overnight and enjoy this meal tomorrow.
2. Preheat oven to 400 degrees. Poke sweet potatoes generously with a fork, place on baking sheet, and bake until soft, turning once (approx. 1 hour).
3. In a large saucepan, cover soaked beans with water, and bring to a full boil. Reduce heat and simmer until fork tender (45-60 min). Add chopped onion about half way through. Drain.
4. Mix your taco seasoning into the bean and onion mix.
5. Let the potatoes cool enough to handle. Cut a thin piece of skin off the top of the potato, revealing the flesh. Spoon out most of the potato flesh into a bowl.
6. Mash the scooped potato, stir in 3/4 cup of cheese and the sour cream. Add and stir in the bean and onion mixture to the mashed sweet potatoes.
7. Fill the sweet potatoes with the mixture and sprinkle remaining cheese on top.
8. Place stuffed sweet potatoes back in the oven to melt cheese (5 min). Garnish with micro greens, tomato and peppers as desired and ENJOY!

Are sweet potatoes and yams the same? We (including many grocery stores) often use the names interchangeably, however they are completely different types of root vegetables. Most of us have probably never tried a true "yam". Those are native to Asia and Africa. Sweet potatoes are from the Morning Glory family and can come in a variety of colours. They are native to the Americas and cook up softer and fluffier, making it perfect for this month's recipe, courtesy of Berlo's themselves. Berlo's Best sweet potatoes started out on 30 acres in Southern Ontario. With increasing demand for sweet potatoes, Berlo's has become an industry leader across Canada and now grow locally in 2 provinces.

## Finding Warmth this winter...



Cold days and warm hearts seems to be a theme this winter for Local Food Club. The Headwaters community has shown great support by valuing our program beyond just the food in the bag. You may have seen in January that LFC is the recipient of a Community Grant from RBC, it not only brings funds to the program, but also volunteers on LFC Packing Day. We also want to give a shout out to **Berlo's Best**, located in Southern Ontario, for generously donating this month's **sweet potatoes**. And speaking of warm hearts, HFFA is organizing the Farm to School fundraiser **Willing Hearts Winter Dinner Series**. This dining series is an exclusive dining experience every month from January to April. You can enjoy the best locally grown food Headwaters has to offer at four Headwaters dining establishments. The first two dinners have been wildly successful and enjoyed by all! For more information and tickets check out **Joynusevents**. We hope you enjoy this month's sweet potato taco recipe. Enjoy with your Ontario greenhouse grown **pepper** and **tomato** from **Shelburne Foodland**, **black beans** from **Full of Beans**, and **micro greens** and **onion** from **Am Braigh Farm**. Of course, LFC isn't complete without a little something from **Amanda's Country Bakery**: this month you are treated to a loaf of banana bread. Thank you to all of YOU for supporting Farm to School programs!

### Get the Kids in the Kitchen!

Put those busy little hands to work this month by having your children scrub clean the sweet potatoes and wash the tomato and pepper. Have children prep the black beans by filling up a pot of water for them to cook in. Once your family is ready to sit down and eat, let your child assemble their own sweet potato taco with the added toppings.

### Food for Thought

Did you know, February 22nd was CSA sign up day? CSA stands for Community Supported Agriculture. Being a member of a CSA means fresh locally grown vegetables for your family throughout the growing season. Many farmers are now planning the growing season and taking orders for their CSA shares. You will find many CSA options throughout Headwaters, connect with a farm near you using the [Headwaters Farm Fresh Map](#) online with In The Hills Magazine.

### Nutrition Report

**A+** The Sweet Potatoes and Black Beans in this month's pack are chock full of nutrients and together provide a very healthy vegetarian meal for your family. Black beans are an excellent source of fibre and protein. Sweet potatoes are an excellent source of iron, calcium and vitamins A, B & C.

### this month's food is from...

#### Full of Beans

[full-of-beans.ca](http://full-of-beans.ca)

#### Amanda's Country Bakery

[amandascountrybakery.ca](http://amandascountrybakery.ca)

#### Am Braigh Farm

[ambraighfarm.com](http://ambraighfarm.com)

#### Berlo's Best

[Berlosbest.com](http://Berlosbest.com)

#### Foodland Shelburne

[FoodlandShelburne](http://FoodlandShelburne)

The Local Food Club is a project of Headwaters Food & Farming Alliance, in partnership with Headwaters Communities in Action.

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[hffa.ca/farmtoschool](http://hffa.ca/farmtoschool)



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for our future.