



Stuffed Sweet Potatoes

Ingredients

- 3-4 Large Sweet Potatoes, scrubbed and cut 1/2
- 1-2 tsp. Avocado or Olive oil
- 1/2 Onion, chopped
- 1 C. Broccoli Florets, washed and broken into small pieces
- 1/2 Red/Yellow/Orange Bell pepper, chopped
- 2 tsp. Garlic, chopped
- 1-1.5 C. Cooked Quinoa
- 1 Can Black Beans
- Salt & Pepper to taste
- Tahini Sauce (See Recipe)

Directions

- Preheat Oven to 400. Line a baking sheet w parchment, score cut side of potatoes lightly and (optional) lightly oil & salt. Cover loosely with foil. Bake 30-45 minutes, until soft enough to scrape.
- Sauté onions in a small amount of oil on med/high heat until soft, add garlic, pepper, broccoli with a little salt and pepper. Cook 2-3 minutes then add quinoa and beans. If you prefer more spice you can add it now- paprika, garlic powder, or other.
- Once potatoes are cooked through, let cool slightly and lightly scrape the insides, moving most of the potatoes toward sides of skin leaving room for fillings.
- Equally divide filling among potatoes and return to oven for 10 minutes, until heated through.
- Top with Tahini Sauce or your choice of sauce (Vegan Sour cream, Vegan Ranch, Salsa, Guacamole, Balsamic Sauce) and some chopped parsley or chive for presentation. Enjoy!