



Makes 4 servings
Cook Time: 30 minutes

INGREDIENTS:

1 cup chopped onion
1 to 2 cloves garlic, minced
2 cups chopped peeled sweet potatoes (about 2 small or medium)
2 teaspoons mild or hot chili powder
½ cup low-sodium vegetable broth
1 cup cooked black beans
¼ cup chopped scallions
¼ teaspoon sea salt
Splash of hot sauce (optional)
Chopped cilantro, for garnish
Sliced avocado, for garnish (optional)
Oil-free whole wheat or corn tortillas, for serving (optional)

Black Bean and Sweet Potato Hash

This black bean and sweet potato hash can be an ideal breakfast, a lunch, or a light dinner. It can be served simply as a side dish, spooned over brown rice or quinoa, wrapped in a whole-wheat tortilla, or made into soft tacos garnished with avocado, cilantro, and other favorite toppings. Make it in your Instant Pot or other pressure cooker, or do it the old-fashioned way, on the stovetop.

From *Vegan Under Pressure: Perfect Vegan Meals Made Quick and Easy in Your Pressure Cooker*

By Jill Nussinow, RD

- 1 Heat a stovetop pressure cooker over medium heat or set an electric cooker to sauté. Add the onion and cook, stirring occasionally, for 2 to 3 minutes. Add the garlic and stir. Add the sweet potatoes and chili powder. Stir to coat the sweet potatoes with the chili powder. Add the broth and stir.
- 2 Lock the lid on the pressure cooker. Bring to high pressure for 3 minutes. Quick release the pressure. Remove the lid, tilting it away from you.
- 3 Add the black beans, scallions, and salt. Cook for 1 or 2 minutes more over medium heat, or lock on the lid for 3 minutes, until the beans are heated through.
- 4 Add the hot sauce (if using), and stir. Taste and adjust the seasonings. Top with chopped cilantro and serve.

5 Stovetop method:

1. Place the onions in a nonstick skillet and sauté over medium- heat, stirring occasionally, for 2 to 3 minutes. Add the garlic and stir.
2. Add the sweet potatoes and chili powder, and stir to coat the vegetables with the chili powder. Add broth and stir. Cook for about 12 minutes more, stirring occasionally, until the potatoes are cooked through. Add more liquid 1 to 2 tablespoons at a time as needed, to keep the vegetables from sticking to the pan.
3. Add the black beans, scallions, and salt. Cook for 1 or 2 minutes more, until the beans are heated through.
4. Add the hot sauce (if using), and stir. Taste and adjust the seasonings. Top with chopped cilantro and serve.