

Chickpea Stuffed Sweet Potatoes

INGREDIENTS

- 4 large, sweet potatoes
- 4 tablespoons vegetable or olive oil
- 1 medium white onion, finely chopped
- 1, 28oz can diced tomatoes
- 1, 15 oz can chickpeas, drained and rinsed
- ½ cup water
- Salt and pepper, to taste

TIME: 45 MINUTES

SERVINGS: 4



Adapted from:
thekitchn.com



USDA is an equal opportunity provider, employer, and lender. This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

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PROCEDURE

1. Preheat oven to 350°F. Place the sweet potatoes on a foil-lined baking sheet and bake until very tender, about 1 hour.
2. While the sweet potatoes are baking, heat the cooking oil in a large skillet over medium heat. Add the onions and sauté until translucent, about 5 minutes.
3. Add diced tomatoes and water. Cook until mixture reduces to the consistency of a salsa, about 30 minutes.
4. Add the chickpeas and simmer until chickpeas are warmed, about 2 minutes.
5. After the sweet potatoes have cooled enough to handle, cut them in half lengthwise, leaving the bottom intact.
6. Spoon in the chickpea tomato mixture into the sweet potato. Serve warm.

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