

Sweet Potato, Corn & Black Bean Hash

INGREDIENTS

- 2 teaspoons canola oil
- 2 medium onions, chopped
- 1 medium sweet potato, peeled and cut into 1/2-inch dice
- 2 large cloves garlic, minced
- 1 jalapeno pepper, seeded and minced
- 4 teaspoons ground cumin
- ½ teaspoon salt
- ¾ cup water
- ¾ cup (about ½ can) low-sodium canned corn, drained and rinsed
- 1, 15-ounce can low-sodium black beans, drained and rinsed
- 2 tablespoons chopped fresh cilantro
- Pepper, to taste
- 1 lime, cut into wedges

2 SERVINGS

35 MINUTES



Adapted from:
[eatingwell.com](https://www.eatingwell.com)



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PROCEDURE

1. Heat oil in a large cast-iron skillet over medium-high heat.
2. Add the onions and sauté until browned in spots, about 3-5 minutes.
3. Add the sweet potato and cook, stirring occasionally, until it starts to brown in spots, about 5-7 minutes.
4. Stir in the garlic, jalapeño, cumin, and salt. Cook for about 30 seconds, until fragrant.
5. Add the water. Cook while scraping up any browned bits from the bottom of the pan, until the liquid is absorbed (about 3-5 minutes).
6. Stir in the corn and black beans. Cook until heated through.
7. Stir in the cilantro and season with additional salt and pepper to taste.
8. Serve with lime wedges, if desired

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