Sweet Potato and Black Bean Stew

SKYLINE HIGH SCHOOL
Oakland, California

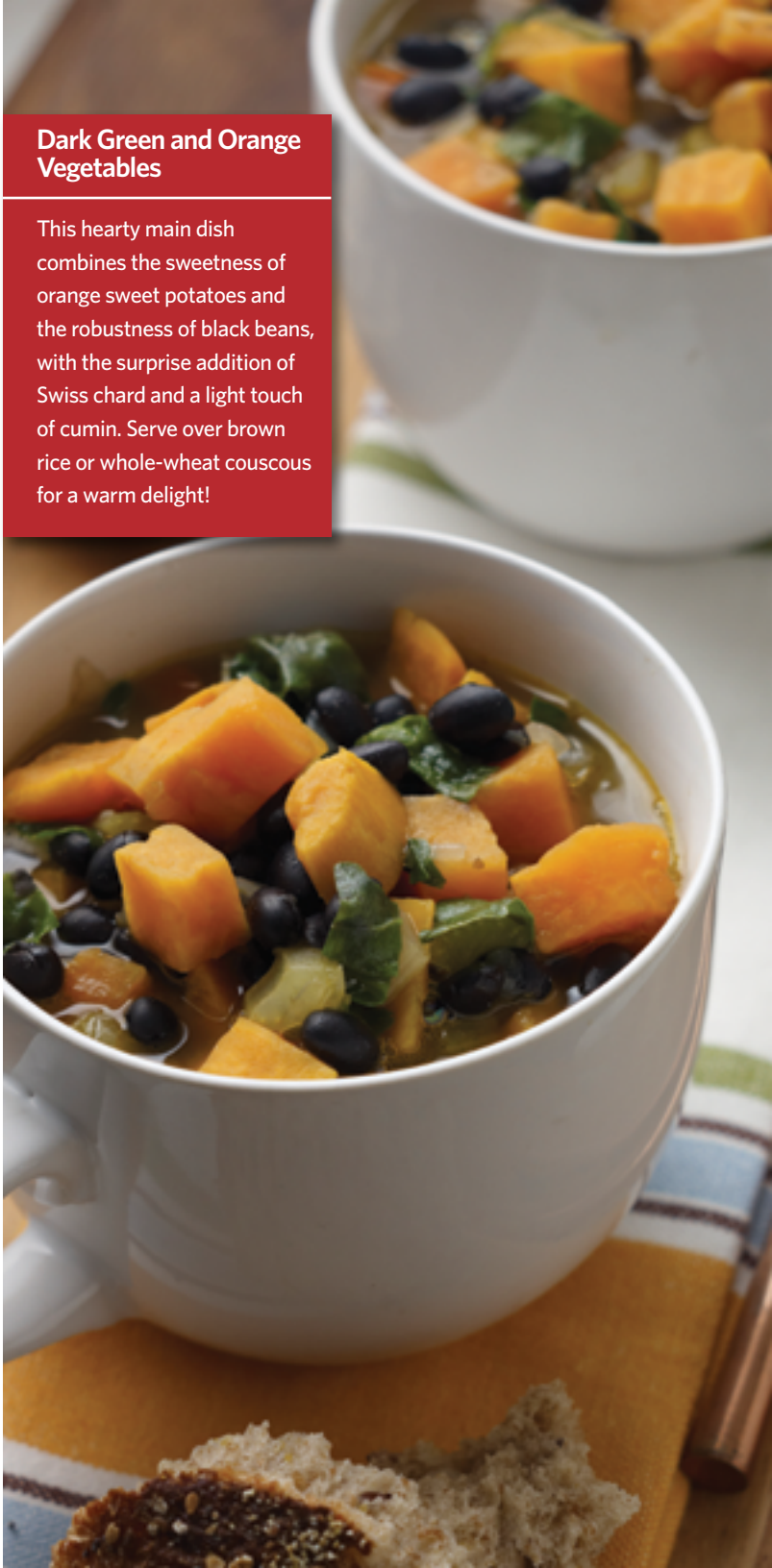
Our Story

Skyline High School is located at the crest of the Oakland Hills in California. The team grew out of an existing afterschool cooking academy that teaches cooking skills and nutrition. The team is excited to have their recipe, Sweet Potato and Black Bean Stew, represented in this cookbook.

Sweet Potato and Black Bean Stew was created when the team at Skyline High School decided to match an unlikely pair of ingredients. The wonderful recipe combination is as savory as it is sweet. This stew is brought to a healthy and earthy conclusion with flavorful Swiss chard, a delicate and mild-flavored, dark-green leafy vegetable. Served over brown rice or whole-wheat couscous, this stew warms the soul and feeds the mind.

School Team Members

SCHOOL NUTRITION PROFESSIONAL: Donnie Barclift
CHEF: Jenny Huston
COMMUNITY MEMBERS: Rusty Hopewell (Health Center Nutritionist) and Sage Moore
STUDENTS: Karen M., Quailyn S., and Rudy R.



Dark Green and Orange Vegetables

This hearty main dish combines the sweetness of orange sweet potatoes and the robustness of black beans, with the surprise addition of Swiss chard and a light touch of cumin. Serve over brown rice or whole-wheat couscous for a warm delight!

Sweet Potato and Black Bean Stew

Ingredients

2 Tbsp Vegetable oil

½ small pepper Dried New Mexican chili pepper, whole

1 ¼ cups Fresh onions, peeled, diced

1 tsp Ground cumin

1 ½ cups Fresh sweet potatoes, peeled, cubed ½"

6 cups Canned low-sodium black beans, drained, rinsed

¾ cup Orange juice

1 cup Low-sodium chicken stock

1 Tbsp Red wine vinegar

¼ tsp Salt

¼ tsp Ground black pepper

4 cups Fresh Swiss chard, no stems, chopped

Preparation Time: 20 minutes
Cooking Time: 40 minutes
Makes six 1-cup servings

Directions

1. Heat vegetable oil in a large pot. Cook chili pepper and onions for 1-2 minutes.

2. Add cumin and cook for 2 minutes..

3. Add sweet potatoes, black beans, orange juice, and chicken stock. Bring to a boil. Cover and reduce heat to low. Simmer for 20 minutes or until the potatoes are tender.

4. Remove chili pepper and discard.

5. Add vinegar, salt, and pepper.

6. Add Swiss chard. Cover and continue cooking until Swiss chard is tender. Serve hot.

May serve over brown rice or whole-wheat couscous.

1 cup provides:

Legume as Meat Alternate: 3 oz equivalent meat alternate, ¼ cup red/orange vegetable, and ¼ cup other vegetable.

OR

Legume as Vegetable: ¾ cup legume vegetable, ¼ cup red/orange vegetable, and ¼ cup other vegetable.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

Nutrients Per Serving: Calories **222,** Protein **10 g,** Carbohydrate **43 g,** Dietary Fiber **12 g,** Total Fat **4 g,** Saturated Fat **< 1 g,** Cholesterol **0 mg,** Vitamin A **8848 IU (442 RAE),** Vitamin C **26 mg,** Iron **4 mg,** Calcium **103 mg,** Sodium **536 mg**