



SAVORY SWEET POTATO RECIPES

Sweet Potato and Black Bean Chili

Ingredients:

- 1-2 tbsp. of olive oil
- 1 medium yellow onion, diced small
- 2 cloves of garlic, minced
- 2 large sweet potato, peeled and diced
- 2 tbsp. of chili powder
- 2 tsp. of cumin
- 2 tsp. of smoked paprika
- 1 tsp. of salt
- 1 28-oz can of diced tomatoes, with their juices
- 2 15-oz cans of black beans, drained and rinsed

Optional toppings:

- 1-2 avocados, chopped
- cilantro, chopped
- green onions, chopped

Cooking tip...

You can cut off the root end of your green onion and put it in a shallow cup of water to grow your own onions.



Instructions:

In a large pot over medium heat, add the olive oil. Saute the diced onion for 3-4 minutes, until translucent, then add in the garlic and sweet potato and cook for about 2 more minutes.

Next stir the chili powder, cumin, smoked paprika, and salt into the vegetable mixture.

Pour in the diced tomatoes along with their juices, black beans (drained and rinsed), and 2 cups of water. Stir to combine. Simmer the mixture, uncovered, for 20-25 minutes.

Use the back of a spoon to mash some of the sweet potatoes for a thicker texture, if desired. If you would like serve with avocado chunks, cilantro, or chopped green onions.

Non-vegetarian option: In a pan brown and drain your choice of ground meat. Add to the pot when you pour in the tomatoes, beans, and water.

Serves 6

Recipe from noracooks.com



JUNIOR LEAGUE OF
THE PALM BEACHES



SAVORY SWEET POTATO RECIPES

Stuffed Sweet Potato Boats

Ingredients:

- 4 medium sweet potatoes
- 1 lb. of ground turkey
- 2 tsp. of olive oil
- 1 yellow onion, sliced
- 1 large apple, peeled and thinly sliced
- 1 tsp. of salt
- Fresh ground black pepper
- 2 tsp. of ground cinnamon
- 1/2 tsp. of ground nutmeg

Instructions:

Preheat the oven to 400°F.

Wash the sweet potatoes. With a fork, poke each potato a couple of times. Wrap each potato in foil and place on baking sheet. Bake for about 45 minutes, or until a fork can be inserted into the center.

Meanwhile, in a skillet heat 1 tsp of olive oil over medium heat. Add the onions, apples, a pinch of salt and pepper and cook until they begin to soften about 6 minutes.

Lower the heat and add the apple. Cook for about 8 minutes until apples become tender. Increase the heat to medium-high and cook until caramelized and a bit brown.

Meanwhile in another medium pan, add 1 tsp of olive oil over medium heat. Add ground turkey breast, cinnamon, nutmeg, 1 tsp of sea salt and black pepper and cook until meat is no longer pink and juice are clear.

After letting sweet potatoes cool a bit, slice down the middle and cut slits the opposite way. Push the potatoes open and stuff each with the turkey, apple & onion mix.

Serves 4

Recipe from Ambitious Kitchen



JUNIOR LEAGUE OF
THE PALM BEACHES



SAVORY SWEET POTATO RECIPES

Sweet Potato Rounds

Ingredients:

- 3 medium sweet potatoes
- 2 tbsp. of olive oil
- salt & pepper
- Optional spices: paprika, cumin, chili powder, cinnamon, etc.

Instructions:

Preheat the oven to 425°F.

Wash sweet potatoes and remove any growths or blemishes, but do not peel. Cut potatoes into 1/3 inch round slices.

Drizzle olive oil onto a large sheet pan and spread until evenly coated. Add potato rounds to pan with one side facing down to cover with oil, then flip all potato medallions to make sure each side is lightly oiled. Sprinkle with salt, pepper, and any additional desired spices.

Bake in the oven for a total of 40-45 minutes, flipping once about halfway through and until both sides are lightly browned and crispy on the edges.

Serves 4-6

Recipe from Fork in the Road



About the Junior League of the Palm Beaches

The Junior League of the Palm Beaches is an organization of women committed to promoting voluntarism, developing the potential of women and improving communities through the effective action and leadership of trained volunteers. Our purpose is exclusively educational and charitable. Since 1941, the Junior League of the Palm Beaches has been an integral part of the community. It is part of the Association of Junior Leagues International, which is comprised of 291 Junior Leagues across the United States and in four countries. Learn more at jlpb.org.



About Kids in the Kitchen

The Association of Junior Leagues International, Inc. and most of its member Leagues are ardent supporters of the fight against childhood obesity. To combat the problem, the organization believes it is necessary to educate children and their families about nutrition and fitness via hands-on initiatives such as its Kids in the Kitchen program. The initiative is grounded in the belief that children (and families) empowered with the knowledge of how to feed and exercise their bodies will be less likely to become obese and subsequently suffer many associated health risks.

