

Sweet Potato and Black Bean Stew

Ingredients

Onions, diced	5½ cups	1.4 L
Vegetable oil (Canola)	½ cup	125 mL
Cumin	1 ½ Tbsp	25 mL
Chili powder	3 Tbsp	45 mL
Sweet potatoes, peeled, cubed	10 ¼ cups	2.5 L
Black beans, canned, drained, rinsed	21½ cups	5.4 L
100% orange juice	3 cups	750 mL
Chicken broth, low sodium	4 cups	1 L
Vinegar	¼ cup	60 mL
Salt	1 tsp	5 mL
Black pepper, ground	1 tsp	5 mL
Swiss chard, frozen, chopped	2 ¼ cups	560 mL

Directions

1. Sauté onions in oil for 2–3 minutes. Add cumin and chili powder. Sauté for 2 more minutes.
2. Add sweet potatoes, black beans, orange juice, and broth. Bring to a boil.
3. Cover and reduce heat to low. Simmer for 20 minutes or until sweet potatoes are tender.
4. Add vinegar, salt, pepper, and Swiss chard. Cover and simmer for 2–3 more minutes.
5. Portion ½ cup (125 mL) into serving bowls.

Makes 50 servings.

Nutrition Facts	
Per ½ cup (165 g)	
Amount	% Daily Value
Calories 160	
Fat 3 g	5 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 300 mg	13 %
Carbohydrate 12 g	9 %
Fibre 8 g	32 %
Sugars 2 g	
Protein 8 g	
Vitamin A 13 %	Vitamin C 15 %
Calcium 4 %	Iron 16 %

Nutrient Claim	Amount per Serving
Low in fat	3 g
Very high in fibre	8 g
Source of calcium	43 mg
High in iron	2.2 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	$\frac{3}{4}$
Grain Products	0
Milk and Alternatives	0
Meat and Alternatives	$\frac{1}{2}$

Alberta Nutrition Guidelines Category

Choose Most Often
(Mixed dish)



Recipe Tips

- Five cups (1250mL) of fresh Swiss chard (instead of frozen) can also be used in this recipe.
- Try frozen spinach if frozen Swiss chard is not available.
- Sweet potatoes and other orange vegetables and fruit such as pumpkin, carrot, mango and papaya contain vitamin A. Canada's Food Guide recommends choosing 1 serving of an orange vegetable daily.
- Dried black beans can be used in this recipe if they are cooked in advance.