

Sweet Potato and Cranberry Chipotle Tacos

This recipe starts with the smoky flavor of the chipotle peppers paired with sweet-tart cranberries, then combined with oven-roasted sweet potatoes, black beans and pecans, It's an unusual combination that is totally delicious.

40 *Minutes to the Table*

15 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Saucepan
Skillet
Rimmed Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Sweet Potatoes
Cranberry & Pecans
Chipotle Adobo Sauce
& Black Beans
Corn Tortillas
Feta

Good To Know

If you're making the vegan version, we're skipping the feta- use an extra pinch of salt, instead.

The key to these tacos is to make sure your oil is good and hot before adding anything to the pan, and to use plenty of it. If you add ingredients too early, they'll just absorb all the oil and get soggy. The more oil you cook with, the less will be absorbed in the food.

Health snapshot per serving – 880 Calories, 24g Protein, 26g Fiber, 29 Smart Points

Lightened up snapshot – 620 Calories, 16g Fat and 19 Smart Points with half the Cranberry & Pecans and half the sweet potatoes.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Sweet Potatoes, Black Beans, Corn Tortillas, Feta Cheese, Cranberries, Pecans, Chipotles in Adobo, Brown Sugar

meez *meals*

1. Getting Organized

Preheat your oven to 450.

2. Roast the Sweet Potatoes

Put the **Sweet Potatoes** on to a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss well, then arrange in a single layer. Bake until tender, about 20 to 30 minutes.

We like to line our baking sheets with parchment paper to speed cleanup.

3. Make the Taco Filling

Once the sweet potatoes are in the oven, start the taco filling. Heat 1 Tbsp olive oil in a saucepan over medium heat. Add the **Cranberry & Pecans** and cook for 3 minutes. Take out of pan and set aside.

Add the **Chipotle Adobo Sauce & Black Beans** to the now empty skillet and cook over medium high heat for 5 minutes. If it's looking a little dry, add some water as well. When finished cooking, set aside.

4. Warm the Tacos

Heat the skillet over medium-high heat and warm your **Corn Tortillas** one at a time until they soften.

Make sure it give the pan a quick wipe with a paper towel to make sure no beans remain in the skillet.

5. Put it All Together

Fill each taco with **Chipotle Adobo Sauce & Black Beans** followed by **Sweet Potatoes**, then **Cranberry & Pecans** and sprinkled with the **Feta**. Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by November 9