

# UC-VEG

## Umpqua Community Veg Education Group

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# Rip's Sweet Potato Bowl

Serves 2

### Ingredients:

- 1 large sweet potato, skin removed, cut into cubes\*
- 1 mango, peeled, seeded, and cut into cubes
- 1 red bell pepper, seeded and chopped
- 1 can black beans, rinsed and drained
- 1 avocado, peeled, seeded, and chopped
- 1/2 bunch chopped cilantro, or amount to taste
- Juice of 1 lime
- Balsamic vinegar to taste

Warm the sweet potatoes in a microwave if using chilled leftovers. Or, steam a sweet potato until tender. Place a generous portion of sweet potatoes into a large serving bowl. Top with mango, bell pepper, black beans, avocado, and cilantro. Drizzle with lime juice and vinegar, stir gently, and serve.

Variation: serve over a bed of baby greens

\*I scrub the sweet potatoes well, steam, and cut and serve with the skin on.

ENJOY!

Recipe courtesy of Rip Esselstyn's E2 book