

THE PLANTBASED KITCHEN



Tortillas

Masa Harina - Bob's Red Mill

Corn Salsa

Red Onion (approx 1/2 onion)
Cilantro (approx 1/2 bunch)
Corn on the Cob (2 to 4)
Red Wine Vinegar (1 to 2 tbsp)
Olive Oil (1 to 2 tbsp)
Salt & Pepper to taste

Taco Filling

Sweet Potato (1 to 2)
Anaheim or Poblano Pepper (2)
Black Beans (1 can)
Olive Oil (1-2 tbsp)
Salt & Pepper to Taste

Garnish/Extras

Vegan Sour Cream
Chipotle Salsa
Cilantro

Serves:
4 to 6

Prep:
45 mins

Cook:
25 Mins

Ready:
75 Mins



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Sweet Potato Tacos

1. Mix the tortilla dough, following instructions on the back of the package. Cover the mix and let sit for approx 30 minutes.
2. Preheat oven to 400 degrees.
3. Wash, peel and cut/julienne sweet potatoes into thin, even strips. Dice into uniform, small cubes. Larger cubes will take longer to cook. In a bowl, toss sweet potato cubes in 1 - 2 tbsp of olive oil with salt & pepper to taste. Add to cooking sheet and place into the preheated oven. Cook for 15-20 minutes until a fork easily passes through the potato cubes when poked.
4. On an already hot skillet or griddle (high heat), char the outside of the corn and anaheim peppers. You can substitute anaheim peppers with poblano peppers for a little more spice. Do not add any oil to the skillet or veggies during this stage, the oil will burn. Rotate veggies as they cook to fully char all outside edges.
5. While you wait for the veggies to char start your corn salsa: dice red onion, de-leaf and chop cilantro and add to a bowl.
6. In a separate pot, open, drain and rinse black beans and cook in a pot over medium heat until hot - add salt & pepper to taste.
7. Once peppers are charred, remove from heat and let cool. You can place the peppers into a plastic bag and seal to steam, making the skin easier to remove. Once cooled, peel charred skin from peppers and dice. Set aside.
9. Once corn is charred, remove from skillet and allow to cool slightly before taking the husk vertically and slicing downward to remove the corn from the cob into the bowl along with your chopped onion and cilantro. Add olive oil, red wine vinegar with salt & pepper to taste.
10. Uncover tortilla dough and check texture of dough. It should be firm enough to roll into a ball in your hand without crumbling, but should not stick to your hand. Add more flour or more water to adjust texture of dough as needed. Roll 1 tbsp of dough into a ball and place on center of tortilla press covered in plastic wrap - press ball into tortilla and carefully peel from plastic, being careful not to rip tortilla. I've found flipping the tortilla over and peeling the plastic from the top seems to work best rather than trying to lift the dough off. If you do not have a tortilla press you can use a cutting board or flat plate to press dough into tortilla.
11. On your skillet add oil and lightly fry both sides of your tortilla. This takes approx 30 seconds each side.
12. Take your tortilla on a plate, and layer in your ingredients. I start with a layer of vegan sour cream, then add sweet potato, peppers, black beans, corn salsa, chipotle salsa & garnish. Can we have taco tuesday every night?