

# *Sweet Potato Tacos Made Lighter and Brighter with Cabbage Cups*

By Katie Mae

For the first two years I was eating a plant-based diet, I had sweet potato tacos probably 5-6 times per week. Sometimes for dinner, sometimes for lunch. Actually, when I was first making sweet potato tacos, I put them in organic corn tortillas just as you would expect tacos to be served. It was just recently that I got the idea to use cabbage cups as the taco shell. I was a little hesitant about the cabbage texture because it's completely different than that of a soft or hard shell tortilla. They were so delicious that I joyfully ate four cabbage cup tacos! YUM YUM YUM!

Serves: Makes 6 tacos

Prep Time: 10 min

Cook Time: 5 min



## *Ingredients*

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**2** Medium-sized cooked sweet potatoes, mashed (any potato works)

**1 1/2 Cups** Cooked black beans (15ounce can, partially drained)

**1/2 Tsp** Ground cumin

**1/2 Tsp** Chili powder

**6** Purple cabbage cups (OR romaine leaves)

Roma tomato, diced

**1** Avocado, diced

**1-2** Limes, sliced into wedges

## *Directions*

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- 1 Set freshly cooked and mashed sweet potatoes aside. If the sweet potatoes were cooked previously and are cool, then warm them up on the stovetop or in the microwave.
- 2 In a medium saucepan over medium-low heat, add the black beans, cumin, chili powder, and salt-free seasoning. Heat the beans for 5 to 10 minutes, stirring occasionally.
- 3 To assemble the tacos: First spread a layer of sweet potatoes, about 1/4 cup across the center of a lettuce cup or romaine leaf. Add about 1/4 cup of the black beans over the sweet potatoes. Top with diced tomatoes, avocado, and a squeeze of lime juice. Enjoy!

*CHEF'S NOTES* If you want the cabbage cups to be a little bit softer and warmer, layer the sweet potato into the cabbage cups and then microwave them for just 30 seconds. Then continue filling the cups with the other toppings.