

# Sweet Potato Veggie Tacos

serves 2 very hungry people, 3-4 less hungry people  
total time 30ish minutes

These savory satisfying tacos are a great way to incorporate more veggies in your diet, make eating plant-based even more delicious or just spice up your normal taco routine. Enjoy!

## sweet potato filling

4 tbsp avocado oil  
1 onion, sliced thinly  
1 red bell pepper, cut into strips  
½ tsp good salt  
1 large or 2 medium sweet potatoes, shredded  
1 tbsp chili powder  
½ tbsp cumin  
1 tsp oregano  
1 tsp garlic powder

## cabbage slaw\*

½ small cabbage  
juice of one lime  
2 tbsp chopped cilantro

## taco fixings

your favorite taco tortillas/shells (I love [Siete Foods](#))  
avocado or guacamole  
sour cream of your choice  
raw or pickled red onion  
salsa  
cilantro  
lime



## directions

1. Add 2 tbsp of the avocado oil into a large skillet over medium heat. Once the oil is warm add the onions, peppers and salt to the pan. Let them cook for about 10-15 minutes, until they soften and start to brown. If they're browning too quickly, reduce the heat. Add a splash of water if they start to stick.
2. In the meantime, get your sweet potato shredded. You can use a regular cheese grater or box grater - just make sure the shreds are medium-sized, not fine (or it's going to be really labor intensive). You could also use a food processor attachment.

3. Once the onions and peppers are cooked transfer them to a bowl and set aside. Add the remaining 2 tbsp of avocado oil to the pan and then the shredded sweet potato and all the spices. Stir until the spices are evenly coating the sweet potato. Cook for 10-15 minutes total, adding 1/4 cup of water halfway through to steam them a little bit, and stirring every couple minutes. They're done when they're soft with a few crispy parts and they start sticking to the pan.
  4. While your sweet potatoes are cooking, make your slaw and prepare your toppings. To make the cabbage slaw, slice the cabbage into very thin strips (or use a mandoline) and toss with the lime juice and cilantro.
  5. When the sweet potatoes are done cooking reduce the heat to low and add the pepper/onion mixture back in.
  6. Now the fun part - assemble your tacos! There's no wrong way to do this so have fun with it and make your tacos your own! Enjoy.
- \* If you're not making the cabbage slaw you can substitute romaine or another crunchy green of your choice.