

Black Bean & Sweet Potato Stew

Servings: 2

Prep time: 15 minutes | Cook time: 30 minutes

Ingredients

- 1 can (400 g) black beans, drained and rinsed
- 1 T olive oil
- ½ medium red onion, chopped (about 75 g)
- ½ green bell pepper or small piman, chopped
- 1 small sweet potato (さつまいも), peeled and cubed (about 200 g)
- 1 clove garlic, minced
- ½ tsp smoked paprika + pinch of cayenne
- ½ tsp ground cumin
- ¼ tsp oregano
- 1 tsp coconut aminos (for umami + mild sweetness)
- 2½ cups (600 ml) water or low-sodium vegetable broth
- 2 tbsp quinoa, rinsed
- ½ tsp salt, or to taste
- 1 tsp lemon juice (added at the end)
- Optional garnish: Greek yogurt, cilantro, or avocado slices



Instructions

1. In a food processor, purée **half the beans** with **60 ml water**; set aside.
2. Heat **olive oil** in a medium saucepan over **medium heat**. Add **onion** and **green pepper**; **sauté 4–5 minutes** until slightly browned.
3. Add **garlic**, **cumin**, **oregano**, and **smoked paprika + pinch of cayenne**; **cook 30 seconds** until fragrant.
4. Add **sweet potato**, **remaining beans**, **puréed beans**, **quinoa**, **water** (or broth), and **coconut aminos**. Bring to a **boil**, **reduce heat**, and **simmer gently for 20–25 minutes** until the sweet potato is tender and the mixture thickens.
5. Stir in **lemon juice**, taste, and adjust salt.
6. Serve warm, topped with **Greek yogurt** and **cilantro**.

Optional Additions

- Add ½ **tsp miso** (white or awase) near the end for deeper umami.
- Stir in frozen **edamame** (50 g) or **corn** for extra protein and color.
- Serve over genmai (brown rice) or barley for a complete meal.

Nutrition (per serving)

Kcal: ~350 | Protein: ~15 g | Fat: ~9 g | Sat. Fat: ~1.3 g | Carbs: ~53 g | Sugars: ~9 g | Fiber: ~12 g | Sodium: ~380 mg | Omega-3: ~0.25 g