Sweet Potato with Seasoned Black Beans and Spicy Chipotle Crema

Ingredients:
- 1 sweet potato
- 1 can of black beans
- 1 packet of taco seasoning
- 2 tbs (or 2 regular spoonfuls) of plain yogurt /or sour cream
- 1 canned chipotle /or a teaspoon of hot sauce
- Extra: lime juice

Tools:
- Microwave (700 watts will take much longer)
- Cereal or soup bowl
- Plate or Cutting board
- Can opener (if your can doesn’t have a pop-top)
- Table knife
- Fork
- Spoon

Directions:
1. Scrub your potato with water. This removes dirt and bacteria.
2. Take a fork and make several indentions. This prevents your potato from exploding in the microwave, and helps cook your potato quicker.
3. Fill your bowl halfway with water. Set your potato in the bowl. The water will prevent your potato from drying out.
4. Put your potato in the microwave for 10-12 minutes (20 minutes if your microwave is 700 watts).
5. Open your can of beans and drain the excess liquid.
6. Add taco seasoning to your beans and mix.
7. Spoon 2 tablespoons (or a regular spoon) or plain yoghurt into an additional bowl. Cut up your chipotle into small pieces (about the size of spaghetti noodles) and stir into the yoghurt.
8. At 12 minutes, take potato our of the microwave. Use the fork to test if it cooked all the way through. (The fork should cut through the entire potato easily)
9. Drain the water used to cook the potato. Cut the potato open and add the beans, and crema. If you have a lime, squeeze juice over the top.