

Sweet Potato, Refried Bean Bake

This is a really easy dish with only 3 ingredients. Can easily be a main dish with a side salad.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 5 mins

Cooking time: 30 mins

Category: Entrees

Complexity: Simple to moderate

Vegan experience: Absolute beginner

Preparation style: Cooked



Ingredients

Sweet potato, boiled	4 medium - 2" diameter x 5"
Beans (refried)	8 ounce
Mozzarella style shreds	2 x 0.25 cup

Instructions

1. Steam sweet potatoes until done.
2. If using dehydrated refried beans - add water and cover. Set aside. If making your own get them ready while the sweet potatoes are steaming.
3. Preheat oven to 350 F.
4. Place steamed sweet potatoes in medium sized casserole dish. Roughly mash the potatoes with a fork.
5. Add refried beans (canned, home made or reconstituted from dry) and then top with daiya cheese (cheddar or mozzarella flavor).
6. Place in 350 F oven until cheese is melted, about 10 minutes.

If you have avocado this dish goes great with guacamole or sliced avocado. Optional.