Black Bean and Sweet Potato Tacos with Lime-Cashew Cream

Makes 4 servings (8 tacos)

A vibrant, fiber-rich plant-based taco recipe combining smoky roasted sweet potatoes, protein-dense black beans, and a tangy lime-cashew cream—all nestled in warm corn tortillas. Each serving provides about 16 grams of protein and 12-14 grams of fiber. This dish offers a satisfying balance of sweet, savory, and zesty flavors, making it ideal for weeknight dinners or meal prep.

Ingredients

8 small corn or wheat tortillas
1 cup shredded red or green cabbage
½ cup chopped fresh cilantro
Optional toppings: salsa, guacamole or avocado cubes, lime wedges to squeeze on tacos, hot sauce

For the Filling:
1 large sweet potato, peeled and diced into ½-inch cubes (~2½ cups)
¾ teaspoon ground cumin
¾ teaspoon chili powder
¼ teaspoon smoked paprika
1½ cups cooked black beans (or 1 15-oz can, drained and rinsed)
Salt & pepper to taste

For the Lime-Cashew Cream:
½ cup raw cashews (soaked for 1–4 hours, or 30 minutes in boiling water)
¼ cup water (plus more to adjust texture)
2 tablespoons fresh lime juice
½ teaspoon lime zest
1 clove garlic
¼ teaspoon sea salt
Instructions

1. Roast the Sweet Potatoes: Preheat oven to 400°F (200°C). On a lined baking sheet, spray sweet potatoes with an oil spray or water, then toss them with cumin, chili powder, smoked paprika, salt, and pepper. Roast for 25–30 minutes, until tender and slightly crispy.

2. Prepare the Cream: While potatoes roast, blend the soaked cashews, lime juice, lime zest, garlic, salt, and water in a high-speed blender until smooth and creamy. Adjust consistency with more water if needed.

3. Warm the Beans: Heat black beans in a saucepan over low heat. Season lightly with salt and pepper and keep warm.

4. Heat the tortillas. Use a dry skillet and heat the tortillas one at a time for 15-30 seconds on each side, then place them in tin foil in the oven to keep warm. Alternatively, you can simply put the tortillas in tin foil in the oven during the last 10 minutes of cooking the sweet potatoes. They will not have the nice toasty flavor you get with dry heating in a frying pan, but this removes a step.

5. Assemble the Tacos: Place a scoop of black beans, a portion of roasted sweet potatoes, shredded cabbage, and a generous drizzle of lime-cashew cream on each taco. Garnish with cilantro and any optional toppings desired.

