



**VETRI
COMMUNITY
PARTNERSHIP**

EAT. EDUCATE. EMPOWER.

MOBILE TEACHING KITCHEN

Sweet Potato White Bean Dip

INGREDIENTS:

- 3 large **sweet potatoes**, diced small
- 2 **shallots**, diced
- 4 tablespoons **olive oil**, divided
- 1 teaspoon **salt**
- 2 (15 oz.) cans of **white beans**, drained but reserve the liquid
- 2-4 **chipotles** in adobo sauce
- 2 tablespoons **lime juice**
- ¼ cup **cilantro**, chopped

Seasonal vegetables for dipping: *Green beans, broccoli, cauliflower, peppers, carrots, celery, cucumber, snap peas.*

DIRECTIONS:

1. Wash sweet potatoes under cold water, rinsing off any excess dirt left on the skins. Preheat oven to 450 F and line a baking sheet with parchment paper.
2. Peel sweet potatoes and cut into small cubes. Place diced potatoes in a large mixing bowl. Dice shallots and add to bowl with potatoes. Add 2 tablespoons of olive oil and sprinkle with salt, toss until evenly coated. Place on baking sheet and roast for 25-30 minutes or until a fork is easily inserted and removed.
3. Once sweet potato mixture is cooked and cool enough to touch, place in a food processor, blender or large mixing bowl with immersion blender. Add white beans, remaining 2 tablespoons olive oil, chipotles, lime juice and cilantro. Puree, adding reserved bean liquid as needed, until dip is smooth and thick (similar texture to hummus).
4. Serve immediately or chill for 30 minutes to allow flavors to combine. Enjoy dip with your favorite cut up vegetables, pita bread or spread on a sandwich.



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