Easy baked sweet potatoes with chipotle black bean filling

by Radhi Devlukia-Shetty

This is one of those easy weeknight dinners that feels cozy and comforting while still being full of goodness. Sweet potatoes are naturally rich in fiber and slow-releasing carbohydrates, making them grounding, satisfying, and gently sweet. Paired with a veggie-packed filling and a protein-rich, creamy herby sauce, it becomes hearty, colorful, and nourishing without feeling complicated. And I love that meals like this make it easy to eat in a way that's good for you and better for animals, too.

Ingredients

For the filling

1 tbsp olive oil or avocado oil, or a splash of water for oil-free sautéing
1 zucchini, diced
1 small carrot, diced
1 bell pepper, diced
1 leaf lacinato kale, destemmed and chopped
1 tbsp mixed herbs
1 tbsp taco seasoning
1 tsp salt
1 can black beans, drained and rinsed

For the sweet potatoes

2 medium sweet potatoes, orange or white

For the sauce

1/2 block silken tofu
1 cup vegan yogurt
1 tbsp mustard, Dijon or yellow
¼ cup fresh dill, chopped, or 2 tbsp dried dill
1 tsp salt
2 tbsp nutritional yeast
1/2 tsp black pepper

Optional for serving

Extra fresh dill
Extra nutritional yeast

Instructions

1. Preheat the oven to 400°F / 200°C.

2. Wash and dry the sweet potatoes. Use a fork to poke a few holes into each one so steam can escape as they bake.

3. Place the sweet potatoes on a parchment-lined baking sheet. Bake for 45–60 minutes, or until they are completely tender and easily pierced with a fork.

4. While the sweet potatoes bake, make the filling. Heat the olive oil or avocado oil in a large skillet over medium heat. For an oil-free option, use a splash of water instead.

5. Add the diced zucchini, carrot, bell pepper, and chopped kale. Season with the mixed herbs, taco seasoning and salt.

6. Cook for 8–10 minutes, stirring occasionally, until the vegetables are tender but not mushy.

7. Add the black beans and cook for another 2–3 minutes, until warmed through. Taste and adjust the seasoning if needed.

8. Make the sauce by adding the silken tofu, vegan yogurt, mustard, dill, salt, nutritional yeast, and black pepper to a blender or food processor.

9. Blend until smooth and creamy. Taste and adjust with more salt, pepper, mustard, or dill if needed.

10. Once the sweet potatoes are baked, carefully slice them open lengthwise. Gently mash the flesh with a fork to create space for the filling.

11. Spoon the vegetable and black bean filling into each sweet potato. Drizzle generously with the creamy sauce, then finish with extra fresh dill or a sprinkle of nutritional yeast if you like.

12. Sprinkle with love, serve with joy and eat with gratitude.

Notes

- If your sweet potatoes are larger, they may need closer to 60 minutes in the oven.
- For a fully oil-free version, sauté the vegetables with a splash of water and add more as needed to prevent sticking.
- This is an easy recipe to meal prep. Bake the sweet potatoes and make the filling ahead, then reheat and add the sauce before serving.
- For extra protein, add more black beans, lentils, crumbled tofu, or hemp seeds on top.
- Use gluten-free taco seasoning if you want the recipe to stay gluten-free. Store the sweet potatoes, filling, and sauce separately in airtight containers in the fridge for up to 3 days.

- The sauce is also lovely as a dip, wrap spread, or drizzle over roasted vegetables.