

# Cooking with Amanda - Lentils and Beans

## Class 1 - Easy Black Bean Chili

### Equipment needed:

- Can opener
- Scissors (to open frozen corn packet)
- Large pot with wooden spoon or spatula

### Ingredients:

- 2 14oz cans low-sodium black beans (or 3 cups cooked black beans)
- 16oz jar or container of low-sodium salsa (mild or medium)
- 8oz frozen corn
- Freshly squeezed lime juice (optional)
- Fresh cilantro (optional)

### Directions:

Mix beans, corn and salsa in a 5-quart pot. Add the reserved liquid or additional water to reach desired consistency. The more liquid, the soupier the chili will become. Cook over medium heat till heated through. Add optional toppings just before serving.

## Baked Sweet Potato/Yam

### Equipment needed:

- Large sharp knife and cutting board
- Baking tray or pan
- Oven (or slow cooker)

Half or 1 sweet potato or yam per person (depending on the size of the potato)

Preheat oven to 350 degrees. Wash potatoes. Trim ends and slice into thick slices, halves or leave whole, as you prefer. Slices will cook quicker than whole potatoes. There's no need to remove the skin.

Place on baking tray and bake for 30-60 minutes (depending on the size of the pieces). Alternatively, they can be placed in a slow cooker for 6-7 hours. A sharp knife should insert easily into the center of the largest slice when cooked.