

Sweat Potato White Bean Dip



Ingredients

- 1 pound sweet potatoes
- 2 shallots (about 1/4 pound), cut into 4 pieces each
- 4 tablespoons olive oil, divided
- 1 teaspoon sea salt
- 1 15-ounce can (or 1 1/2 cups) white beans, drained (reserve the liquid) and rinsed
- 1 to 2 chipotles in adobo sauce
- 2 tablespoons lime juice
- 1/4 cup cilantro, plus more for serving

Info

- **Prep:** 10
- **Cook:** 30
- **Serves:** 6-8
- [Source](#)

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Directions

1. - 1 Roast the sweet potatoes: Preheat your oven to 450°F. Peel the sweet potatoes and cut into 1 1/2-inch cubes.
2. Place both the sweet potatoes and shallots on a rimmed baking sheet and toss with 2 tablespoons of olive oil and sea salt. Roast until the sweet potatoes are tender, about 25 to 30 minutes.
3. 2 Make the dip: Place the roasted sweet potatoes and shallots in a food processor or blender along with the white beans, 2 tablespoons olive oil, chipotles, lime juice, and cilantro. Puree,

adding reserved bean liquid as needed, until the dip is smooth and thick, like a hummus would be.

4. 3 Serve the dip: Serve immediately or refrigerate until needed; serve room temperature or cold. Sprinkle the top of the dip with cilantro, and serve with your favorite tortilla chips or an assortment of fresh vegetables.

[sweet potato](#), [shallots](#), [white beans](#), [beans](#), [chipotle](#), [cilantro](#), [lime](#), [chips](#), [dip](#), [vegan](#)

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