

# Homegrown Favourites

We're sharing some of our own personal favourite recipes fresh from the kitchens of RBG staff and volunteers. Bon appétit!



VEGETARIAN  
GLUTEN-FREE

## Sweet Potato Tacos

### INGREDIENTS

- 2-3 sweet potatoes, peeled and diced to 1 cm cubes
- 4 Tbsp. olive oil
- 1 small onion
- 1 garlic clove (or more), minced
- 400 mL canned beans (kidney, black, or other), rinsed and drained
- 1 cup corn (fresh or frozen)
- 3 Tbsp. honey (or agave syrup as a vegan alternative)
- 3 Tbsp. lime juice
- 3 tsp. taco seasoning (recipe on page 2)
- Corn tortillas or hard taco shells

### Topping Suggestions:

Fresh mixed greens, chopped tomato, shredded zucchini, and shredded cheese

### DIRECTIONS:

1. Preheat oven to 400 °F.
2. Line baking sheet with re-useable cooking liner and add sweet potatoes.
3. Drizzle 3 Tbsp. olive oil over potatoes and toss to coat.
4. Sprinkle potatoes with taco seasoning and toss to coat.
5. Bake for 15-20 minutes until tender. Stir once halfway through baking.
6. In a large skillet, heat remaining oil over medium-high heat. Once hot, add onion and sauté until translucent.
7. Add garlic for the last minute of sautéing.
8. Reduce heat to medium-low and add beans, corn, honey, and lime juice. Heat until warmed through, then toss in sweet potatoes.
9. Add mixture to taco shells or tortillas.
10. Finish with your favourite fresh toppings.

From the kitchen of:  
Jenn

*These are my go-to tacos! They're so fresh, filling, and zesty. Everyone I've made them for asks for the recipe. I like that it's so easy to substitute any of the ingredients for whatever you have on hand (except for the sweet potatoes of course).*



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A close-up photograph of a pile of dry, brownish-orange taco seasoning. The texture is granular and uneven, with some darker spots and some lighter, more crystalline areas. The lighting is warm, highlighting the individual particles of the mix.

VEGAN  
GLUTEN-FREE

## Mild Taco Seasoning

### INGREDIENTS

1 Tbsp. chilli powder  
1 Tbsp. paprika  
1 ½ tsp. ground cumin  
1 tsp. sugar  
½ tsp. black pepper  
½ tsp. garlic powder  
½ tsp. ground coriander  
¼ tsp. onion powder

### DIRECTIONS:

1. Combine spices together.
2. Add to any of your favourite homemade dishes.

From the kitchen of:  
Jenn

*I like to make big batches of this seasoning and always keep some in my spice drawer. I use it in many taco-inspired dishes like Sweet Potato Tacos or Taco Pie. It's mild enough for most sensitive tummies while still adding lots of flavour.*

