

# Roasted Sweet Potatoes with Smoky Bean Ragout

*Blood sugar-friendly comfort food featuring fiber-rich sweet potatoes and protein-packed beans in a smoky paprika sauce—ready in just 35 minutes.*

Prep: 10 min

Cook: 25 min

Total: 35 min

Servings: 4

**GL 71.0 / GI 49**

## Ingredients

Choose firm, medium-sized sweet potatoes for even cooking small sweet potatoes

smoked paprika, plus extra for serving

olive oil

large onion, chopped

garlic cloves, crushed

**Can reduce to 1 tsp or substitute with stevia for lower glycemic impact** brown sugar

red wine vinegar

**Use vegetarian Worcestershire or tamari if preferred** Worcestershire sauce

**Two 400g cans; kidney, cannellini, and black beans work well** mixed beans in water, drained

chopped tomatoes

light soured cream, to serve

# Instructions

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## Step 1

Preheat your oven to 200°C (180°C fan/gas mark 6). Using a fork, pierce each sweet potato several times all over to allow steam to escape during cooking.

## Step 2

Place the pierced sweet potatoes on a microwave-safe plate and cook on high power for 8 minutes, or until they yield to gentle pressure but are still firm. This pre-cooking step reduces oven time while maintaining texture.

## Step 3

In a small bowl, combine 1 teaspoon of smoked paprika with 1 teaspoon of olive oil and a pinch of salt and pepper. Rub this mixture evenly over the warm sweet potatoes, then transfer them to a baking tray. Roast in the preheated oven for 10-15 minutes until the skins are crispy and caramelized.

## Step 4

While the sweet potatoes roast, heat the remaining olive oil in a large skillet or saucepan over medium heat. Add the chopped onion and cook for 5-6 minutes, stirring occasionally, until softened and beginning to turn golden at the edges.

## Step 5

Add the crushed garlic, remaining smoked paprika, optional sweetener (if using), red wine vinegar, and Worcestershire sauce to the onions. Stir continuously for 1-2 minutes until the mixture becomes fragrant and slightly sticky, coating the onions in the flavorful glaze.

## Step 6

Pour in the drained mixed beans and chopped tomatoes, along with a splash of water (about 50ml) to create a sauce consistency. Stir well to combine, then reduce heat to medium-low and simmer for 8-10 minutes, stirring occasionally, until the sauce thickens and the flavors meld together.

## **Step 7**

To serve, split each roasted sweet potato lengthwise and gently press the ends to open. Spoon the smoky bean ragout generously over each potato, top with a tablespoon of light soured cream, and finish with an extra pinch of smoked paprika for color and flavor.

## **Step 8**

For optimal blood sugar management, eat the bean mixture first before the sweet potato flesh, as the protein and fiber will help moderate the glycemic response from the starch. Store any leftover bean ragout in an airtight container in the refrigerator for up to 4 days or freeze for up to 3 months.