

## Ingredients

**Serves 5, 10 or 25**

	5 SERVES	10 SERVES	25 SERVES
Sweet potato	1 large	2 large	5 large
Tasty cheese, grated	½ cup	1 cup	2 ½ cups
Butter	30g	60g	150g
Refried beans	1 x 435g tin	2 x 435g tins	5 x 435g tins
Taco seasoning	1tbs	2tbs	5tbs
Sour cream	250g	500g	1.25kg
Avocado (medium)	2 (200g)	4(400g)	10 (1kg)
Mild taco sauce	200g	400g	1kg



*Clear ramekins or bowls display each layer clearly.*

## Method

1. Peel and chop sweet potato into small pieces. Steam or boil in a large saucepan until tender, drain water. Add cheese and butter and stir until cheese has melted. Use a stick blender to blend sweet potato until smooth and lump-free. Set aside to cool slightly.
2. Use a stick blender or food processor to mix the following in separate bowls until smooth and lump free:
  - Bowl 1: Refried beans and taco seasoning
  - Bowl 2: Avocado and lemon juice
  - Bowl 3: Sour cream
3. Layer refried beans, taco sauce, sour cream and avocado evenly in small clear cups, bowls or ramekins. Smooth using the back of a spoon or a knife between each layer.
4. Use a piping bag to pipe pureed cheesy sweet potato on top.

## Nutrition, hints and tips

- This recipe is rich in protein, fibre, plant based iron and Vitamin C.
- Melting the cheese into the sweet potato enables this flavour to be added whilst remaining suitable for Texture Modified diets.
- Use smooth avocado dip in place of fresh avocado if not in season.
- Some taco sauces may require straining or blending. Avoid the 'chunky' varieties.
- Serve with crackers for residents receiving a normal diet, or with a spoon for those on a Smooth Pureed diet.
- Gelled and pureed green vegetables (e.g. broccoli or peas) can be moulded or cut into the shape of a leaf. Place on top as a garnish to resemble fresh herbs.