Campfire Baked Sweet Potatoes with Black Beans

2 stuffed sweet potatoes · Active 20 min · Total 2 hr 10 min

Skills: Intermediate

Ingredients

- 2 medium sweet potatoes, about 10 oz each (285 g each)
- 1 teaspoon olive oil (5 ml)
- 1 small onion, finely chopped (100 g)
- 1 teaspoon ground cumin
- 1 can black beans, 15 oz (425 g), drained and rinsed
- 1 can chopped tomatoes, 14 oz (400 g)
- 1/4 teaspoon fine salt
- 1 tablespoon lime juice (15 ml)
- 2 tablespoons chopped cilantro (5 g)

Set out

Permitted campfire with secure cooking grate, Long tongs, Heavy-duty foil, Small saucepan with lid, Approved outdoor cooking setup

Allergens

No major US allergen identified in the base ingredients. Check labels and substitutions.

Make it

1. Prepare a permitted fire and let it burn to steady embers, allowing at least 30 minutes. Scrub, dry and pierce sweet potatoes, then wrap each in foil.

2. Set on a secure grate over moderate embers. Cook 50–75 minutes, turning every 10–15 minutes, until a skewer passes easily through the centers. Move away from fierce hot spots as needed.

3. Near the end, heat oil in the saucepan on an approved stable heat source. Cook onion for 5 minutes, add cumin for 30 seconds, then beans, tomatoes and salt. Cover and simmer gently for 10 minutes, stirring.

4. Stir lime into beans. Open potato foil carefully, split potatoes and fluff the flesh. Spoon beans inside and scatter cilantro. Serve immediately.

Plan the waiting time

Begin potatoes before other camp chores, with someone attending the fire. Keep the bean pot and serving bowls ready so the soft potatoes can be filled and eaten without a long warm hold.

A useful detail

Weather, potato size and ember heat affect timing. The recipe is finished by tenderness, not a fixed clock.

Keep it well

Remove foil and refrigerate leftovers in shallow containers within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Reheat to 165°F/74°C. Do not save leftovers if dependable refrigeration is unavailable.