

Mexican Stuffed Potatoes

Spicy stuffed potatoes with a filling of beans, corn, onion, topped with a vegan cheesy sauce and served with vegan garlic sour cream.

A great side dish for a vegan BBQ or a whole meal with a side salad.

The longest of this recipe is the baking of the potatoes, it will take an hour. But you can do that any time, also a day in advance.



Ingredients

4 big potato (baking potatoes if available)
salt

1 onion
1 small red bell pepper
3 tablespoons corn
200 g tinned beans (take the variety you prefer, they will all work)
herb salt
black pepper
cayenne pepper
1 table spoon olive oil

Vegan cheesy sauce

150 ml coconut milk (or any other neutral in taste plant-based milk)

3 tablespoons nutritional yeast
2 tablespoons tapioca starch
½ teaspoon herb salt
¼ teaspoon onion granulate
¼ teaspoon garlic granulate
1 pinch smoked paprika powder

Vegan sour cream

90 ml coconut cream
½ lemon (juice)
1 tablespoon white vinegar
herb salt
1 garlic clove

Instructions

- wash the potatoes, pinch them all way round with a fork, rub them in salt and bake them at 180 C fan oven for approx. 1 hour or until they are fork tender.
- dice the onion and the red bell pepper and fry the vegetables in a pan with olive oil until they are soft.
- add corn and beans and spice with salt, pepper and cayenne at taste
- **Cheesy sauce**
Mix the coconut milk with the nutritional yeast, tapioca starch, garlic and onion granulate, a pinch of smoked paprika powder and herb salt with a whisk in a pan.
When everything is well mixed, boil it for 1 minute or a few seconds longer, whisking continuously, until the sauce becomes a chewy paste like melted cheese.
- cut the potatoes in halves and spoon them out, leave a bit of potato pulp inside
- use a spoon to fill first the Mexican vegetable filling into the potatoes and afterwards top it with the cheesy sauce
- bake in the oven at 200 C until the cheesy sauce is slightly gratinated
- **Vegan Sour cream**
use a blender to mix the coconut cream, lemon juice, vinegar, salt and garlic to a smooth dip
- serve the potatoes together with the sour cream