Sweet Potato Bean Dip

Ingredients

* 1 medium-size sweet potato or yam
* 1 14oz can Great Northern beans, rinsed and drained
* 1 tablespoon tomato puree
* 1/2 cup roughly chopped red bell pepper
* juice of 1 lime
* ¼ teaspoon salt
* ¼ teaspoon pepper
* 1 teaspoon garlic powder
* ¼ teaspoon cayenne pepper
* 1 teaspoon chipotle chili powder
* 1/2 teaspoon onion powder
* pinch cumin
* 1/2 teaspoon paprika
* 1 tablespoon red wine vinegar
* 3 tablespoons olive oil

Directions

* Pierce sweet potato multiple times and cook in microwave for 5-8 minutes until cooked through (time will vary depending on microwave).
* Allow sweet potato to cool, then peel sweet potato and discard peel.
* Add sweet potato, beans, and red bell pepper to the food processor.
* Then add all other ingredients in food processor (by adding spices on top of the main ingredients you prevent them from sticking and clumping at the bottom) and puree until smooth
* Add water as needed to achieve desired consistency.