

Sweet Potato Burritos



YOU'LL NEED

- 1 Tbsp veg oil
- 1 medium onion, chopped
- 4 cloves garlic
- 4C cooked, mashed sweet potatoes***
- 4C (2 cans) Black beans, drained
- 2.5 Tbsp chili powder
- 1 Tbsp cumin
- 1 Tbsp mustard
- pinch cayenne
- 3 Tbsp Soy sauce
- 1 C water
- 12 tortillas
- 8 oz shredded cheese

ALL YOU HAVE TO DO

1. Preheat oven to 350 degrees
2. Heat oil on skillet, saute onion and garlic until soft
3. Stir in beans and sweet potato mash
4. Gradually add water, heat until warm
5. Stir in all spices and soy sauce
6. Divid mixture between tortillas, top with cheese, fold into burritos
7. Place on baking sheet, bake 12 minutes

***start with roasted sweet potatoes:

1. Preheat oven to 425 degrees
2. Wash potatoes
3. Poke holes in each sweet potato, bake for 30-45 min or until soft
4. Peel and mash



SCAN ME