

Cuban Sweet Potato and Black Bean Burritos

By Amy Taylor with 100 Days of Real Food

Yield: 6-8 Servings

Ingredients

- 2 sweet potatoes (I use white Cuban sweet potatoes - my favorite!)
- 4 tablespoons olive oil, divided
- 2 teaspoons cumin, divided
- ½ to 1 teaspoon chili powder (depending on your heat preferences)
- ½ teaspoon salt
- ¼ teaspoon pepper
- 8 ounces organic black beans, drained and rinsed (I use canned for convenience)
- 1 medium red bell pepper, seeded, ribbed, and chopped
- ½ cup chopped red onion (about 1 small onion)
- 1 small jalapeno, diced (optional - I leave it out if cooking for my kids)
- 6 whole-wheat tortillas
- 1 cup grated organic cheddar cheese (optional because they are delicious without)

Instructions

1. Preheat oven to 400 degrees F.
2. Peel and cube sweet potatoes and coat lightly with 2 tablespoons of the olive oil (toss in a large bowl to evenly coat). Spread potatoes evenly on a roasting pan and sprinkle with 1 teaspoon cumin, chili powder, salt, and pepper. Roast for 20-25 minutes or until soft through but not mushy.
3. When potatoes are finished roasting, add the other 2 tablespoons of olive oil to a large skillet on medium heat. Add red pepper and red onion and sauté until slightly softened.
4. Add black beans to skillet and continue to sauté on low heat. Add remaining 1 teaspoon cumin and chili powder to skillet mixture. Stir contents thoroughly until heated through.
5. Gently add the roasted sweet potatoes to the skillet mixture along with salt and pepper to taste. Turn to low and cover skillet to keep warm.

6. Meanwhile, place the tortillas one by one in a dry (no need for oil) stainless steel or cast iron skillet over medium heat. Heat about 30 seconds on each side.
If using cheese: sprinkle grated cheese on the tortilla after it is heated on one side.
7. Move warmed tortilla to a platter and add the desired amount of the sweet potato filling to each. Then fold to close and secure with a tooth pick.

Serving Suggestions

Serve with a mixed green salad topped with your favorite salsa (a mango/cilantro/lime salsa is perfect with this recipe!). Also use leftover filling to make quesadillas and freeze for a later meal or packed lunch.