

SWEET POTATO, BLACKBEAN BURRITO

Prep Time: 5 mins Cooking Time: 30-45 mins Servings: 4



INGREDIENTS

- 2 large sweet potatoes, ~1 lb, cubed
- 1 medium yellow onion, diced
- 2 garlic cloves, minced
- 1 large tomato, diced
- 15 oz can black beans
- 4 10" tortillas
- 1 lime
- 2 tablespoons olive oil*
- 1/2 bunch cilantro, chopped
- 1/2 tablespoon salt*
- 1/2 tablespoon cumin*
- 1 jalapeno (optional), finely diced

**ingredients that are not provided by the Good Food Bus*

INSTRUCTIONS

1. **Preheat Oven** : Preheat oven to 350 F.
2. **Cube Sweet Potatoes and Roast** : Cut sweet potatoes into bit-sized cubes and place on a baking sheet. Toss with 1 Tbs of olive oil and sprinkle with salt. Roast in the oven for 20-25 minutes, stirring every few minutes while cooking.
3. **Prepare and Sauteé Onions and Garlic** : Dice yellow onion and mince garlic. Heat a sauté pan over medium-high heat and allow to heat up for a minute or two. Pour in the remaining tablespoon of olive oil followed by the diced onion. Sauté onion for about 5-6 minutes, or until onions become translucent and begin to brown. Toss in garlic, stirring frequently, and let cook for 1-2 minutes.
4. **Add in Beans** : Pour entire contents (liquid too) of canned black beans into the sauté pan with the onions and garlic. Liquid will start boiling immediately, so reduce heat to medium.
5. **Add in Vegetables and Simmer** : Chop cilantro and dice tomato and add to the beans along with the juice from the lime, salt, cumin, and jalapeno (optional). Stir together with a spatula, then cover sauté pan with a baking sheet, or anything that is heatproof and wide enough to cover the pan. Let cook like this for about 10 minutes, removing the cover periodically to stir beans. (*Helpful Hint : Covering the pan allows the bean mixture to cook more quickly.*)
6. **Add Sweet Potatoes** : Add sweet potatoes to bean mixture and adjust seasoning if necessary.
7. **Compose and Bake Burritos** : Place tortillas on a flat surface, one at a time, and place ¾ cup of bean filling in the center of tortilla. Fold in the sides of the tortilla and roll it up. Place seam side down on a baking sheet. Repeat for other 3 tortillas. Bake in the oven for 5-10 minutes on one side, until begins to brown, then flip over and bake for another 5-10 minutes.

> Cheese or chorizo sausage would both make great additions to the sweet potato and bean filling.

> Recommend serving with sour cream, salsa, avocado slices, and/or pickled red onion.

FOR THE EXTENDED RECIPE, MEAL PHOTOS, AND HELPFUL HINTS—GO TO...



www.goodfoodbus.org/blog

goodfoodmoves@gmail.com

207-513-3849

[@goodfoodbus](https://www.instagram.com/goodfoodbus)

