

Sweet Potato and Black Bean Burrito

From – *Moosewood Restaurant Low-Fat Favorites*

5 cups peeled and cubed sweet potatoes
½ tsp salt
2 tsp canola or other vegetable oil
3 ½ cups diced onions
4 large garlic cloves, minced or pressed
1 tbs minced fresh green chile
4 tsp ground cumin
4 tsp ground coriander
4 ½ cups cooked black beans (three 15 oz cans, drained)
2/3 cup lightly packed cilantro leaves
2 tbs fresh lemon juice
1 tsp salt
8 eight-inch flour tortillas
tomato salsa

Note: You can also mash the ingredients in a large bowl by hand using a potato masher. The result will be a less smooth but nicely textured filling.

- Preheat oven to 350 degrees.
- Place the sweet potatoes in a medium saucepan with the salt and water to cover.
- Cover and bring to a boil then simmer until tender, about 10 minutes.
- Drain and set aside.
- While the sweet potatoes are cooking, warm the oil in a medium skillet or saucepan and add the onions, garlic and chile.
- Cover and cook on medium-low heat, stirring occasionally, until the onions are tender, about 7 minutes.
- Add the cumin and coriander and cook to 2 to 3 minutes longer, stirring frequently.
- Remove from the heat and set aside.
- In a food processor, combine the black beans, cilantro, lemon juice, salt and cooked sweet potatoes and puree until smooth (see Note).
- Transfer the sweet potato mixture to a large mixing bowl and mix in the cooked onions and spices.
- Lightly oil a large baking dish. Spoon about 2/3 to 3/4 cup of the filling in the center of each tortilla.
- Roll it up and place it, seam side down, in the baking dish.
- Cover tightly with foil and bake for about 30 minutes, until piping hot.
- Serve topped with salsa.



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