

Black Bean Sweet Potato Burrito Wrap

Web Recipe · Lunch

510 cal · 22g protein · 72g carbs · 14g fat · 4 servings

Ingredients

- 2 medium sweet potatoes peeled and cubed
- 1 tbsp olive oil
- 1 tsp chili powder
- 1/2 tsp cumin
- 1/4 tsp cayenne pepper
- 1 can (15 oz) black beans drained and rinsed
- 1 cup cooked brown rice
- 4 large flour tortillas 10-inch
- 1 medium avocado mashed
- 1/2 cup salsa
- 2 cups shredded romaine lettuce
- 1/4 cup nutritional yeast

Instructions

1. Preheat oven to 400°F (200°C). Toss cubed sweet potatoes with olive oil, chili powder, cumin, cayenne, salt, and pepper.
2. Spread on a baking sheet and roast 25-30 minutes until tender and slightly caramelized.
3. Warm black beans in a saucepan with a pinch of cumin.
4. Cook brown rice according to package directions.
5. Warm tortillas in a dry pan or microwave.
6. Assemble burritos: spread mashed avocado on each tortilla. Layer with rice, roasted sweet potatoes, black beans, shredded lettuce, salsa, and nutritional yeast.
7. Roll tightly, tucking in the sides. Wrap in foil for meal prep.

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