

Addictive Sweet Potato Burritos



Once you've had one, you'll want another. The recipe is a little different from most burrito recipes, but I've had many, many requests for it. Serve these with sour cream, chopped green onions, and salsa.

Prep: 15 mins

Cook: 25 mins

Total: 40 mins

Servings: 12

Yield: 12 burritos



Ingredients

1 tablespoon vegetable oil

1 onion, chopped

4 cloves garlic, minced

6 cups canned kidney beans, drained

2 cups water

3 tablespoons chili powder

4 teaspoons prepared mustard

2 teaspoons ground cumin

1 pinch cayenne pepper, or to taste

3 tablespoons soy sauce

4 cups mashed cooked sweet potatoes

12 (10 inch) flour tortillas, warmed

8 ounces shredded Cheddar cheese

Directions

Step 1

Preheat oven to 350 degrees F (175 degrees C).

Step 2

Heat oil in a medium skillet and saute onion and garlic until soft. Mash beans into the onion mixture. Gradually stir in water; heat until warm, 2 to 3 minutes. Remove from heat and stir in the soy sauce, chili powder, mustard, cumin, and cayenne pepper.

Step 3

Divide bean mixture and mashed sweet potatoes evenly between the tortillas; top with cheese. Fold tortillas burrito-style around the fillings and place on a baking sheet.

Step 4

Bake in the preheated oven until warmed through, about 12 minutes.

Cook's Notes:

For vegan burritos, omit the cheese and sour cream.

Tips

These may be made ahead of time, individually frozen, then heated.

Tips

For an interesting variation, try deep-frying these tasty burritos.

Nutrition Facts

Per Serving:

505 calories; protein 20g; carbohydrates 76.6g; fat 8.5g; cholesterol 19.8mg; sodium 1028.5mg.