

Ingredients

4 sweet potatoes, peeled and chopped	1/2 tsp black pepper
1 Tbsp water	1 cup unsalted vegetable broth
2 yellow onion, diced	2 cans black beans (15 oz) lightly mashed
5 cloves garlic, minced	8 Tbsp low sodium soy sauce
2 tsp coriander	12 whole wheat tortillas, Ezekiel sprouted Grain
4 tsp ground cumin	1 jar favorite salsa
1 tsp chili powder	

Nutrition Information Per Serving

Serves 12
Calories: 220
Fat: 2 gm
Sodium: 560 mg
Fiber: 8 gm
Carbohydrates: 44 gm
Protein: 10 gm
Sugar: 4 gm

Instructions

Preheat oven 350 degrees.

Boil a pot of water, add chopped sweet potatoes. Boil until soft, about 15 minutes. Mash with a fork. In a skillet on medium high heat, add 1 Tbsp of water. When the water begins to sputter, add onion and sauté until soft, adding water just as needed to prevent sticking. Add garlic, coriander, cumin, chili powder and black pepper and sauté for 1-2 minutes more, stirring constantly.

Add vegetable broth, black beans, soy sauce, and mashed sweet potatoes. Cook for 5 minutes. Remove from heat.

Place ½ cup of the sweet potato mixture in center of tortilla. Roll into a burrito and place in a baking dish. Pour your favorite salsa on top and cover with aluminum foil. Bake for 25 minutes.