

## Ingredients

2 sweet potatoes, peeled and chopped	1/4 tsp black pepper
1 Tbsp water	1/2 cup unsalted vegetable broth
1 yellow onion, diced	1 can black beans (15 oz) lightly mashed
3 cloves garlic, minced	4 Tbsp low sodium soy sauce
1 tsp coriander	6 whole wheat tortillas, Ezekiel Sprouted Grain
2 tsp ground cumin	1 jar favorite salsa
1/2 tsp chili powder	

## Nutrition Information Per Serving

Serves 6  
Calories: 220  
Fat: 2 gm  
Sodium: 560 mg  
Fiber: 8 gm  
Carbohydrates: 44 gm  
Protein: 10 gm  
Sugar: 4 gm

## Instructions

Preheat oven 350°F.

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.