

## Sweet Potato Enchiladas

Serves: 12

amount	unit	Ingredients:
4	each	sweet potatoes, peeled and chopped
1	Tbsp	water
2	each	yellow onion, diced
5	cloves	garlic, minced
2	tsp	coriander
4	tsp	ground cumin
1	tsp	chili powder
0.5	tsp	black pepper
1	cup	unsalted vegetable broth
2	cans	black beans, 15 oz can, lightly mashed
8	Tbsp	low sodium soy sauce
12	each	whole wheat tortillas
1	jar	salsa

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 salsa on top and cover with aluminum foil. Bake for 25 minutes.

### Nutritional Information:

Calories: 220; Carbohydrates: 44g; Fiber: 8g; Sugars: 4g; Protein: 10g; Fat: 1.5g; Saturated Fat: <1g; Cholesterol: 0mg; Sodium: 560mg