



## Black Bean & Sweet Potato Burritos

This recipe makes 12 burritos that freeze well. If you aren't cooking them all at once, package the burritos in groups or individually using freezer storage bags, removing as much air as possible for the best results. When ready to cook, they can be baked from frozen after removing plastic.

These burritos are mild, so try serving them with a spicy salsa if you like your food with a kick!

Ingredients for 12 burritos:

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 3 (15 oz.) cans of refried black beans
- 2 tablespoons water
- 3 tablespoons chili powder
- 4 teaspoons prepared yellow mustard
- 2 teaspoons ground cumin
- 3 tablespoons soy sauce
- 1 (40 oz.) can sweet potatoes in light syrup, drained, gently rinsed and mashed
- 12 (10 in.) flour tortillas
- 8 oz. shredded low-fat Cheddar cheese
- Any of your favorite burrito garnishes, such as salsa, avocado, or cilantro.

Directions:

1. Preheat oven to 350 degrees F.
2. Heat oil on medium in a large skillet and sauté onion and garlic until soft. Stir in the refried beans and water. Heat until warm, then stir in the chili powder, mustard, cumin, and soy sauce. Remove from heat.
3. Evenly divide the sweet potatoes, bean mixture, and cheese between the tortillas, folding the tortillas into burritos.
4. Place prepared burritos into a lightly greased baking dish (if freezing, wrap the burritos and freeze them at this step.)
5. Bake in the oven until heated through, about 10-12 minutes.
6. Serve plain or with garnish.