

Black Bean & Sweet Potato Burritos

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8

Ingredients	Quantity	Measure
Flour tortilla shells, 12 inch	8	each
Black beans	2	cups
Sweet potatoes, cut into small cubes, roasted in oven until tender	2	cups
Cumin	½	teaspoon
Red bell pepper, small dice	½	cup
Green bell pepper, small dice	½	cup
Fresh garlic	1	tablespoon
Chili powder	1	tablespoon
Red onion, small dice	1	cup

Preparation

1. Sweat onions, garlic and peppers.
2. Add black beans, sweet potatoes, cumin, and chili powder.
3. Portion ½ cup on each tortilla and roll up.

Serving Information

Spoon 2 ounces of black bean mixture on 1 flour tortilla and roll up.

Nutrition Information

 per serving *From USDA Nutrient Database

Calories: 143 Total Fat: 1 g Saturated Fat: 0 g Carbohydrate: 30 g Protein: 5 g Sodium: 127 mg
Vitamin A: 30% Vitamin C: 68% Calcium: 6% Iron: 5%

