

Sweet Potato, Bean, and Veggie Enchiladas

Serves 4



Ingredients

- 1 tablespoon extra virgin olive oil
- 2 cups onion, chopped (about 1 onion)
- 2 garlic cloves, minced
- 1 cup sweet potato, chopped (or zucchini)
- 1 bell pepper, chopped
- 2 handfuls spinach, chopped
- 1 can black beans (~2 cups), drained and rinsed
- 2 ½ cups enchilada sauce or salsa
- 1 tablespoon nutritional yeast (optional)
- 1 ½ teaspoon ground cumin
- ½ teaspoon salt, or to taste
- ½ teaspoon garlic powder
- 1 teaspoon chili powder, or to taste
- 4 whole grain tortillas
- 1 avocado
- Green onion, for garnish

Directions

1. Preheat oven to 350°F. Precook the chopped sweet potato by simmering it in a saucepan of water for about 5-10 minutes until just tender. Do not overcook. Drain and set aside.
2. In a large skillet or pot, heat 1 tablespoon oil over medium heat. Add the onion and cook for about 5 minutes, stirring often, until translucent. Add the garlic and reduce heat to low and cook for 1 more minute. Add the pepper, precooked sweet potato, drained black beans, and chopped spinach. Cook for about 5-7 more minutes on medium-low heat.
3. Add enchilada sauce or salsa to the pan. Stir well, and add in seasonings: nutritional yeast (optional), cumin, salt, garlic powder, chili powder- all to taste. Adjust seasonings if necessary. Stir well.
4. Scoop about ¾-1 cup of the mixture onto the bottom of the casserole dish (freezer safe glass or disposable aluminum, if freezing) and spread in a thin layer. Scoop about ½-¾ cup of the mixture onto each tortilla and wrap, placing the fold down on the casserole dish. Repeat for the remaining 3 tortillas and spread any remaining filling on top.
5. If freezing, cover tightly with foil or plastic wrap and freeze. Let thaw before baking.
6. Bake for 18-20 minutes. Top with avocado and green onion and serve.

Notes

Substitute other veggies of choice, or top with a little cheese.

Recipe from Cook Well Berkeley: Freezer Friendly Meals, Spring 2016