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.

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

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

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