

Black Bean and Sweet Potato Burritos

Serves:

Total Time: 45 min

Supplies

- Baking sheet
- Parchment paper
- 1 blender

Ingredients

- 2 large sweet potatoes, peeled and cubed
- 2 tbsp olive oil
- 1 tsp chili powder
- 1 tsp cumin, ground
- $\frac{1}{2}$ tsp paprika
- $\frac{3}{4}$ tsp salt
- $\frac{1}{4}$ tsp black pepper
- 1 pinch cayenne pepper
- 1 medium yellow onion, chopped

- 1 chef's knife
- 1 large bowl
- 1 large skillet

- 4 cloves garlic, minced
- 1 can black beans (15 oz), rinsed and drained
- 1 cups cooked rice
- $\frac{3}{4}$ cup cilantro, chopped
- 3 tbsp lime juice
- 1 large avocado
- 2-4 tbsp water
- Flour tortillas
- Cotija cheese

Instructions

- Preheat oven to 400°F and line a baking sheet with parchment paper
- In a large bowl, toss the cubed sweet potatoes with 1 tbsp of olive oil, chili powder, cumin, paprika, $\frac{1}{2}$ tsp salt, pepper, and cayenne pepper
- Spread potatoes in a single, even layer on the baking sheet
- Roast for 20-25 minutes, flipping halfway through
- While potatoes roast, make a crema by combining avocado, 1 tbsp lime juice, $\frac{1}{4}$ cup cilantro, 1 clove garlic, and $\frac{1}{4}$ tsp salt in a blender
- Blend until smooth, adding water 1 tbsp at a time until it reaches a smooth, drizzly consistency. Set aside.
- In a large skillet, heat 1 tbsp of olive oil over medium heat. Add chopped onion and cook until softened and translucent
- Add 3 cloves of garlic and cook 1 min
- Turn off the heat and add the beans, cooked rice, and potatoes to the skillet
- Stir in cilantro and 2 tbsp lime juice. Fold everything together until well combined and adjust seasoning to taste, if needed
- Warm a tortilla and spoon 1 cup of filling onto it. Sprinkle with Cotija cheese and a drizzle of the crema then wrap and roll into a burrito.
- Optional, sear the burritos
- Serve and enjoy!