Sweet Potato and Black Bean Burritos With Salsa Fresca

Source: The Get Healthy, Go Vegan Cookbook by Neal Barnard, MD; recipe by Robyn Webb

These burritos make for a quick and filling lunch!

About the Recipe

281 Calories · 10 g Protein · 12.8 g Fiber
Lunch
Nut-free

The black beans in this dish add protein and fiber.

If you follow a gluten-free diet, opt for a 100% corn tortilla. Double-check the veggie broth to make sure it doesn't contain gluten.

Ingredients

Makes 4 Servings

- 1 1/2 lb sweet potatoes, peeled and cut into bite-size chunks
- 1/2 c (120 mL) low-sodium vegetable broth
- 1/2 tsp (2.5 mL) dried thyme
- 1 tsp (5 mL) chili powder
- 1/2 tsp (2.5 mL) ground cumin
- 1 c (240 g) black beans, drained and rinsed
- 1/2 jalapeño, seeded and chopped
- 3 scallions, sliced
- 1 juice of lime
- 1/2 tsp (2.5 mL) iodized salt (optional) **optional*
- 1/4 tsp (1.2 mL) ground black pepper

- 4 whole-wheat tortillas, 8-inch
- 2 c (360 g) grape tomatoes, cut
- 1/2 jalapeño, seeded and chopped
- 2 tbsp (30 mL) red onion, finely chopped
- 1/4 c (4 g) fresh cilantro, chopped
- 1 clove garlic, minced
- 1 tsp (5 mL) red wine vinegar
- to taste iodized salt
- to taste black pepper

Directions

1. Start by making the salsa. Combine all ingredients for salsa fresca and set aside.
2. Then prep the remaining ingredients for the burrito. Place sweet potatoes in a medium pot and add water to cover. Bring to a boil and simmer for about 6 to 8 minutes, until sweet potatoes are tender. Drain and set aside.
3. Heat broth, thyme, chili powder, and cumin in a skillet over medium heat. Simmer for 3 minutes.
4. Add cooked sweet potato, black beans, and jalapeño. Cook for about 5 minutes, stirring carefully, then remove from heat. Stir in scallions, lime juice, salt, and black pepper.
5. Warm tortillas by placing them one by one in a dry skillet over medium heat, turning once, for a total of about 1 to 2 minutes per side. Divide sweet potato mixture evenly over all tortillas and top with about 1/2 cup (130 mL) salsa. Roll tortillas tightly. Garnish with any extra cilantro or diced red onion if desired. Serve.

Nutrition Facts

Per serving (1/4 of recipe):

Calories: 281

Fat: 2.1 g

Saturated Fat: 0.4 g

Calories From Fat: 6.4%

Cholesterol: 0 mg

Protein: 10 g

Carbohydrate: 59 g

Sugar: 11.6 g

Fiber: 12.8 g

Sodium: 731 mg

Calcium: 103 mg

Iron: 3.8 mg

Vitamin C: 36.9 mg

Beta-Carotene: 13,171 mcg

Vitamin E: 2.2 mg