

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 percent corn tortilla. Double check the veggie broth to make sure it doesn't contain gluten.

Ingredients

Makes 4 Servings

- sweet potatoes, peeled and cut into bite-size chunks (1 1/2 pounds)
- vegetable broth (1/2 cup)
- dried thyme (1/2 tsp.)
- chili powder (1 tsp.)
- ground cumin (1/2 tsp.)
- canned black beans (1 cup)
- jalapeño, seeded and chopped (1/2)
- scallions, sliced (3)
- juice of lime (1)
- sea salt (to taste)
- freshly ground black pepper (to taste)

- whole-wheat tortillas, 8-inch (4)
- grape tomatoes, cut (2 cups)
- jalapeño, seeded and chopped (1/2)
- red onion, finely chopped (2 tbsp.)
- fresh cilantro, chopped (1/4 cup)
- garlic, minced (1 clove)
- red wine vinegar (1 tsp.)
- sea salt (to taste)
- black pepper (to taste)

Directions

1. Start by making salsa. Cut the grape tomatoes into quarters, seed and chop 1/2 of the jalapeño (reserve the other half for later), finely chop a small red onion (so you have 2 tablespoons chopped, reserving the rest for future use), chop the cilantro (you should have 1/4 cup chopped), and mince the garlic. Combine these prepped ingredients with the red wine vinegar, optional salt and pepper, and set aside.
2. Next, prep the remaining ingredients for the burrito. Peel and cut the sweet potatoes (about 1 1/2 pounds) into bite-size chunks. 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, cooked black beans (if canned, drain and rinse), and the other half of the chopped jalapeno. Cook for about 5 minutes, stirring carefully. Stir in sliced scallions, juice of 1 lime, salt, and black pepper, to taste.
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 salsa. Sprinkle any extra cilantro or diced red onion if desired. Roll tortillas tightly. 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