

Sweet Potato Black Bean Enchiladas with Green Sauce (GF)

Cooking Time: 30 mins **Serving Size:** 1 enchilada **Serves:** 4

Calories: 376 **Fat:** 4g **Carbohydrate:** 73 g **Protein:** 12 g



Ingredients:

- 1 can GF green enchilada sauce
- 1 15 oz can black beans rinsed & drained
- Juice from 1 lime
- 2 cups cooked sweet potatoes, smashed a little bit
- 1/2 cup diced green chiles
- 1/2 tsp cumin
- 1/2 tsp chili powder
- Salt and pepper to taste
- 2 TBS chopped cilantro
- Corn tortillas

Directions:

Peel and cube sweet potatoes. Cook sweet potatoes in a pot of boiling water, enough to cover the cubes, for 12 minutes.

Preheat oven to 350°. Choose glass baking dish that holds 8 enchilada.

In a mixing bowl, combine the drained black beans with minced garlic and lime juice. Toss to coat the beans. Set aside.

In a separate bowl, combine the lightly smashed sweet potatoes with the green chiles, add the spices.

Pour about half of the enchilada sauce in the bottom of the baking dish. Grab a skillet and lightly cook the corn tortillas to soften them. Place tortilla in baking dish. Add sweet potato and black bean mixture to the center in a line, wrap and roll the tortilla to the end of the baking dish. Repeat. Top with remaining sauce.

Bake for 20-25 minutes. Top with cilantro or green onion as desired.

