

Black Bean and Sweet Potato Enchiladas

Ingredients:

- 1 cup low sodium vegetable broth
- 1 tbsp. cornstarch
- 1 cup roasted Serrano chili peppers, chopped
- 2 each garlic cloves, minced
- 1 tsp. cumin
- 1 tsp. chili powder
- 1 (15 ounce can) black beans, unsalted, rinsed and drained
- 4 each garlic cloves, minced
- 1 tbsp. lime juice
- 1 each sweet potato, diced
- 1 each yellow onion
- ½ cup fresh Serrano chili peppers, chopped
- ½ tsp. cumin
- ½ tsp. chili powder
- 1 tsp. black pepper
- ½ tsp. salt
- 2 tbsp. cilantro, chopped
- 8 corn tortillas
- 4 tbsp. canola oil



Directions:

1. Preheat oven to 350°F. Choose a baking dish that would hold 8 rolled enchiladas.
2. Make green chile sauce by combining the broth, dissolved cornstarch, green chiles, garlic and spices in a sauce pan and heating over medium-high heat. Bring to a high simmer. Simmer until thickened. Set aside.
3. For the Enchilada filling, heat oil in a sauce pan over medium high heat, add chopped onion and sauté until translucent.
4. Add diced sweet potato and cook until tender. Add water to pan if needed.
5. Add minced garlic, green chilies, cumin, chili powder, salt and pepper.
6. Once the sweet potato is just about tender but not mushy, remove from heat.
7. In a separate bowl combine the drained black beans with lime juice. Toss to coat the beans and set aside.
8. Pour about ¼ cup of the green chile enchilada sauce into the bottom of the baking dish.
9. To assemble the enchiladas, warm the tortillas in a microwave or on a stove top. Lay the first hot tortilla in the sauced baking dish; wet it with the sauce.
10. Spoon 1/8 of the sweet potato mixture down the center. Top with 1/8 of the black beans.
11. Wrap and roll the tortilla to the end of the baking dish . Repeat for the remaining tortillas. Top with the rest of the sauce.
12. Bake for 20 to 25 minutes, until the enchiladas are piping hot and the sauce is bubbling around the edges.

Nutrition Facts

Serving Size 2 enchiladas (321g)	
Servings Per Container 5	
Amount Per Serving	
Calories 310	Calories from Fat 80
<small>% Daily Value*</small>	
Total Fat 9g	14%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 380mg	16%
Total Carbohydrate 48g	16%
Dietary Fiber 10g	40%
Sugars 5g	
Protein 10g	
Vitamin A 45% • Vitamin C 45% Calcium 10% • Iron 15%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	<small>Less than 65g 80g</small>
Saturated Fat	<small>Less than 20g 25g</small>
Cholesterol	<small>Less than 300mg 300mg</small>
Sodium	<small>Less than 2,400mg 2,400mg</small>
Total Carbohydrate	<small>300g 375g</small>
Dietary Fiber	<small>25g 30g</small>
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	