

Recipe of the Month – October 2021

Sweet Potato Burritos

Serves 6

Serving Size: 1 burrito

Cost per Serving: \$0.98



Ingredients:

2 sweet potatoes (*peeled and cubed*) (*about 3 cups*)

¼ cup salsa

1 Tablespoon oil (*canola, olive or vegetable*)

1 onion, diced

1 can (*15 ounces*) black beans (*drained and rinsed*)

6 (*8-inch*) whole wheat tortillas

¾ cup shredded cheese (*cheddar, Colby, pepper jack*)

Optional Ingredients:

Chopped vegetables (*avocado, corn, onion, peppers*), salsa, sour cream or plain yogurt, sliced or shredded cooked meat (*beef steak, chicken breast, pork chop*)

Directions:

1. Put sweet potatoes in a medium sized saucepan. Cover with water and cover with a lid. Heat over high until boiling. Reduce heat to low. Simmer for 10 minutes or until sweet potatoes are tender.
2. Drain water from sweet potatoes and place in a medium bowl. Add salsa and mash with a fork.
3. Add oil to the saucepan and heat over medium. Add diced onion and sauté for 3 minutes. Add black beans and heat for 3 minutes more.
4. Stir sweet potatoes into the beans and onion until combined.
5. Spread ½ cup sweet potato mixture onto each tortilla. Top with 2 Tablespoons shredded cheese and any optional ingredients desired. Serve immediately.

Nutrition Facts per Serving: 340 calories, 11g total Fat (4g sat. fat), 15mg. Cholesterol, 620mg Sodium, 51g Carbohydrates, 11g Fiber, 5g Sugar, 13g Protein

*Recipe compliments of Iowa State University Extension and Outreach:
Healthy & Homemade 2021 Nutrition & Fitness Calendar*



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

Clermont County Extension

1000 Locust Street, PO Box 670

Owensville, OH 45160

Phone: 513-732-7070