

# 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)
- 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