

Vegetarian Black Bean Sweet Potato Enchiladas

Oshkosh Community YMCA

Amazing black bean and sweet potato enchiladas, smothered in salsa verde. A delicious, hearty vegetarian entrée.

Ingredients:

Filling

- 1 ¼ pounds sweet potatoes (2 small-to-medium)
- 1 can (15 ounces) black beans, rinsed and drained, or 1 ½ cups cooked black beans
- 4 ounces (1 cup) grated Monterey Jack cheese
- 2 ounces (½ cup) crumbled feta cheese
- 2 small cans (4 ounces each) diced green chiles
- 1 medium jalapeño, seeded and minced
- 2 cloves garlic, pressed or minced
- 2 tablespoons lime juice
- ½ teaspoon ground cumin
- ½ teaspoon chili powder
- ¼ teaspoon cayenne pepper (optional)
- ¼ teaspoon salt, more to taste
- Freshly ground black pepper

Remaining Ingredients

- 2 cups (16 ounces) mild salsa verde, either homemade or store-bought
- 10 corn tortillas, for gluten free make sure its certified gluten-free corn tortillas.
- 4 ounces (1 cup) grated Monterey Jack cheese
- 2 tablespoons sour cream
- 1 tablespoon water
- ¼ cup chopped red onion
- ¼ cup chopped fresh cilantro



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Recipe source <https://cookieandkate.com/black-bean-sweet-potato-enchiladas>

Instructions:

1. Preheat the oven to 400 degrees Fahrenheit and line a large baking sheet with parchment paper for easy cleanup.
2. Slice the sweet potatoes in half lengthwise and coat the flat sides lightly with olive oil. Place the sweet potatoes flat-side down on the baking sheet. Bake until they're tender and cooked through, about 30 to 35 minutes. Leave the oven on, since we'll bake the assembled enchiladas soon (no temperature adjustments necessary).
3. Meanwhile, pour enough salsa verde into a 9 by 13-inch baking dish to lightly cover the bottom (about ½ cup). In a medium mixing bowl, combine all of the remaining filling ingredients.
4. Once the sweet potatoes are cooked through and cool enough to handle, scoop out the insides with a spoon. Discard the potato skins, and lightly mash the sweet potatoes with a fork or the back of a spoon.
5. Stir the mashed sweet potato into the bowl of filling, and season to taste with additional salt and pepper.
6. Warm up your tortillas, one by one in a skillet, or all at once in a microwave so they don't break when you bend them. Wrap them in a clean tea towel so they stay warm.
7. Working with one tortilla at a time, spread about ½ cup filling down the center each tortilla, then wrap both sides over the filling and place it in your baking dish. Repeat for all of the tortillas.

8. Top with the remaining salsa verde and cheese. Bake for 25 to 35 minutes, until sauce is bubbling and the cheese is lightly golden.
9. Let the enchiladas cool for about 5 minutes. Whisk the sour cream and water together to make a drizzly sour cream sauce. Drizzle it back and forth over the enchiladas, then top them with cilantro and red onion. Serve.

Nutrition:

Serving Size 2 enchiladas
Serves 5

Amount Per Serving	
Calories	550
% Daily Value*	
Total Fat 20.5g	26%
Saturated Fat 11.2g	
Trans Fat 0g	
Polyunsaturated Fat 1.4g	
Monounsaturated Fat 5.4g	0%
Cholesterol 52.2mg	17%
Sodium 1526.1mg	66%
Total Carbohydrate 69.5g	25%
Dietary Fiber 12.9g	46%
Sugars 13.7g	
Protein 22.4g	45%

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.

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