

Addictive Sweet Potato Burritos

Rated: ★★★★★

Submitted By:
Karena

Prep Time: 30
Minutes

Cook Time: 20
Minutes

Ready In: 50
Minutes

Servings: 12

"These unusual burritos are made with sweet potatoes, spices and kidney beans. They freeze well, and can be deep fried instead of baked."

INGREDIENTS:

1 tablespoon vegetable oil	1 pinch cayenne pepper, or to taste
1 onion, chopped	
4 cloves garlic, minced	3 tablespoons soy sauce
6 cups canned kidney beans, drained	4 cups cooked and mashed sweet potatoes
2 cups water	12 (10 inch) flour tortillas, warmed
3 tablespoons chili powder	8 ounces shredded Cheddar cheese
2 teaspoons ground cumin	
4 teaspoons prepared mustard	

DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Heat oil in a medium skillet, and saute onion and garlic until soft. Stir in beans, and mash. Gradually stir in water, and heat until warm. Remove from heat, and stir in the chili powder, cumin, mustard, cayenne pepper and soy sauce.
3. Divide bean mixture and mashed sweet potatoes evenly between the warm flour tortillas. Top with cheese. Fold up tortillas burrito style, and place on a baking sheet.
4. Bake for 12 minutes in the preheated oven, and serve.

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-- Angela Sackett



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