RECIPE

Sweet potato and black bean enchiladas

A vegetarian dinner of corn tortillas rolled around sweet potato, kale and black beans, under a red sauce made in a saucepan from no-salt-added tomato paste.

MAKES

5 servings US Metric

TOTAL

1 h 10 min

Ingredients

- [ ] 6 tbsp no-salt-added tomato paste
- [ ] 1 tbsp chili powder
- [ ] 1 tsp ground cumin, for the sauce
- [ ] 1 tsp onion powder
- [ ] 1 tsp dried oregano
- [ ] 1 tsp apple cider vinegar
- [ ] 2 cups water, for the sauce
- [ ] ½ tsp salt, for the sauce
- [ ] 1 tbsp olive oil
- [ ] 1 small onion, diced
- [ ] 1 tsp garlic powder
- [ ] 3 cups peeled sweet potato, cut in ½-inch cubes
- [ ] 1 tsp ground cumin, for the filling
- [ ] 1 tsp smoked paprika
- [ ] 3 cups chopped kale, stems removed
- [ ] ¼ cup water, for the onion and kale

Method

1. Make the sauce first. In a small saucepan, stir the tomato paste, chili powder, cumin, onion powder, oregano, vinegar and salt into 2 cups of water. Bring to a boil, turn the heat down and simmer 10 minutes, stirring now and then, until it coats a spoon. Set it aside.

2. Heat the oven to 425 °F and line a sheet pan with parchment. Toss the sweet potato cubes with the olive oil, garlic powder, cumin and smoked paprika until every cube is coated. Spread them in one layer and roast 25 to 30 minutes, turning once, until the edges are browned and a cube mashes easily against the pan. Oven heat is not changed by altitude, so go by the fork, not the clock.

3. Meanwhile, set a large, deep skillet over medium heat. Add the diced onion and 2 tbsp of the water and cook 4 minutes, until the onion turns clear and the water is gone.

- [ ] 2 cans (15 oz each) no-salt-added black beans, drained and rinsed
- [ ] 2 tbsp lime juice
- [ ] ¼ tsp salt, for the filling
- [ ] 10 corn tortillas (6-inch)
- [ ] 3 slices reduced-fat cheddar, shredded
- [ ] 1 cup sliced avocado, for serving

4. Add the kale and the rest of the ¼ cup of water, cover and cook 3 minutes, until the kale wilts and is still bright green. Stir in the beans, the lime juice, the salt and the roasted sweet potato. Mash about a third of the pan against the side with a fork, so the filling holds together. Take the skillet off the heat.

5. Turn the oven down to 375 °F. Spread ½ cup of the sauce across the floor of a casserole about 9 by 13 inches.

6. Warm the tortillas one at a time in an ungreased skillet on medium, about 20 seconds a side, until they bend without cracking. Keep them stacked under a clean towel.

7. Put a scant ½ cup of filling down the middle of each tortilla, roll it up and set it seam side down in the dish. Fill all 10.

8. Pour the rest of the sauce over the rolls and scatter the shredded cheese on top. Cover with foil and bake 20 minutes, until the sauce bubbles at the edges. Take the foil off and bake 5 minutes more.

9. Let it stand 5 minutes. Serve 2 enchiladas to a plate with about ⅕ cup of sliced avocado.

10 Cool leftovers within 2 hours, then refrigerate. Reheat to 165 °F. Freeze in a covered dish; thaw overnight in the fridge and reheat to 165 °F.