

Idiot's Kitchen Recipe

– Veggie Burritos with Black Beans & Sweet Potatoes

Recipe from www.idiotskitchen.com – Adapted from Gary Edward Rith, awesome potter



Ingredients:

2 large sweet potatoes, peeled and cubed
1 large onion, sliced
1 medium or 2 small zucchini, halved and sliced
1 yellow bell pepper, sliced
2 cups black beans (or 1 can)
Olive Oil
1 teaspoon Cumin
1 teaspoon Chili Powder
Salt & Pepper
Large Flour (or wheat) Tortillas
Pepper Jack Cheese, shredded
Sour Cream
Salsa

Preheat the oven to 400 degrees.

Peel 2 large sweet potatoes and cut into bite-sized cubes. Sprinkle with about 2 Tablespoons of olive oil and season with salt & pepper. Toss to coat all of the potatoes in the oil. Roast in a 400 degree oven for 30 minutes until golden brown and delicious. Shake the pan halfway through cooking to roast both sides.

Slice the onion, zucchini, and bell peppers into small pieces all about the same size. Heat 1-2 Tablespoons of olive oil in a large pan over high heat. Sauté the onions, peppers, and zucchini quickly, over high heat, stirring often, until tender and golden brown – about 10 minutes. Season with 1 teaspoon each cumin and chili powder.

If you want more seasoning, stir a bit of salsa into the black beans. Place a large flour (or whole wheat) tortilla on a plate and top with a spoonful of black beans and several nuggets of roasted sweet potatoes. Top with the sautéed veggies and sprinkle with shredded pepper jack cheese. Roll up and top with salsa and a dollop of sour cream. Another option is to combine the sour cream and salsa into a tasty sauce for the inside of the burrito.

Makes 4-6 large burritos and great leftovers.

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