

Sweet Potato & Black Bean Enchiladas

Source: Vegetarian Times- December 2011
2011 Reader Recipe Contest Winner!

Serves 8 (makes 16 enchiladas)

Right from the start, the originality and flavor profile of this recipe made it a standout for VT taste testers. “My wife and I eat this dish a lot in the fall and winter months. We make it when we’re having guests (vegetarian and not) because we know everyone will enjoy it,” explains James McNulty. “It can be made the night before and it travels well, so it’s great for a potluck or a holiday party.”

Ingredients:

Sauce

1 15-oz. can tomato sauce

1 $\frac{3}{4}$ cups low-sodium vegetable broth

1 tsp. ancho chile powder

1 tsp. chili powder

1 tsp. garlic powder

1 tsp. onion powder

1 tsp. dried oregano

$\frac{1}{2}$ tsp. chipotle chile powder

Filling

1 Tbs. extra virgin olive oil

1 small onion, diced (1 cup)

1 $\frac{1}{2}$ lb. sweet potatoes, peeled and diced (3 cups)

1 15-oz. can diced tomatoes, drained

1 16-oz. jar prepared medium salsa

2 cloves garlic, minced (2 tsp.)

1 chipotle chile in adobo sauce, drained and minced

1 15-oz. can black beans, rinsed and drained

1 12-oz. round queso fresco, divided

Enchiladas

extra virgin olive oil, for brushing baking dish

16 6-inch corn tortillas, warmed

2 limes, cut into wedges

1 avocado, sliced

½ cup sour cream, for garnish

Cilantro sprigs, for garnish, optional

1. To make Sauce: Bring all ingredients to a simmer in saucepan over medium heat. Whisk to combine, then remove from heat. Season with salt and pepper, if desired.
2. To make Filling: Heat oil in separate saucepan over medium heat. Add onion, and sauté 3 to 5 minutes, or until soft. Add sweet potatoes, tomatoes, salsa, garlic, chipotle chile, and 1/2 cup water; bring to a boil. Reduce heat to medium-low, and simmer 30 to 40 minutes, or until sweet potatoes are soft. Mash mixture with potato masher until combined. Add black beans, and cook 5 minutes. Stir in half of queso fresco, and remove from heat.
3. To assemble Enchiladas: Preheat oven to 350°F. Brush 13- x 9-inch baking dish with oil. Spread 1/2 cup Sauce in bottom of dish. Fill tortillas with Filling. Roll, and pack close together seam-side down in baking dish. Top with remaining Sauce and queso fresco. Bake 15 minutes.
4. Adjust oven to broil. Broil Enchiladas 5 minutes, or until cheese is browned and bubbly. Let rest 10 minutes before serving. Garnish with lime wedges, avocado slices, sour cream, and cilantro sprigs, if using.

Nutrition

PER serving (2 ENCHILADAS): 435 CAL; 13 G PROT; 15 G TOTAL FAT (5 G SAT FAT); 65 G CARB; 20 MG CHOL; 963 MG SOD; 11 G FIBER; 11 G SUGARS

FOR THE EXCHANGE SYSTEM

COUNT ONE ENCHILADA AS: 2 starch + 1 protein + 1 fat