

Smoky Sweet Potato & Black Bean Enchiladas

My hearty, delicious vegetarian dish is absolutely packed with nutrients. I always make two and freeze one for a future dinner.

— Elizabeth Lindemann, Salem, MA

Prep: 25 min • **Cook:** 35 min

Makes: 6 servings

Ingredients

1 large sweet potato, cubed
1 small onion, chopped
1 small sweet red pepper, chopped
¼ cup minced fresh cilantro
1 teaspoon smoked paprika
½ teaspoon each garlic powder, ground cumin, and ground coriander
¼ teaspoon pepper
1 can (15 oz.) black beans, rinsed and drained
1 can (15 oz.) enchilada sauce
12 corn tortillas (6 in.), warmed
2 cups shredded Monterey Jack cheese, divided

Optional Toppings:

Cubed avocado, sour cream, salsa, minced cilantro, and hot sauce

Instructions

1. Preheat oven to 375°F. In a saucepan, place a steamer basket over 1 inch of water. Place sweet potato, onion, and red pepper in basket. Bring water to a boil. Reduce heat to a simmer; steam, covered, until tender, 10–15 minutes.
2. Transfer vegetables to a large bowl. Mash vegetables, gradually adding seasonings, spices, and pepper to reach desired consistency. Stir in black beans.
3. Spread 1/3 cup enchilada sauce in a greased 13×9-inch baking dish. Place ½ cup vegetable mixture in the center of each tortilla; top with 2 tablespoons cheese. Roll up and place in prepared dish. Top with remaining enchilada sauce; sprinkle with remaining cheese.

4. Bake, uncovered, until heated through and cheese is melted, 25–30 minutes. Serve with optional toppings.
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Make Ahead and Freeze:

Cover and freeze unbaked enchiladas for up to 6 months. To use, partially thaw in refrigerator overnight. Remove from refrigerator 30 minutes before baking. Preheat oven to 375°F. Cover casserole with foil; bake until dish is heated through, sauce is bubbling, and cheese is melted, 30–35 minutes. Serve as directed.

Nutrition (per serving):

349 calories, 14g fat (7g saturated), 34mg cholesterol, 843mg sodium, 52g carbohydrate (9g sugars, 8g fiber), 18g protein.

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