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*Reduced Sodium Black Bean and Sweet potato Enchiladas*  
*Serves 4*

*Ingredients:*

- 1 (28 oz) can whole peeled tomatoes (use low sodium if you can find it)
- 2 tsp chili powder
- 1 large onion, chopped
- 3 TBSP light cooking oil
- ground black pepper
- 2 garlic cloves, chopped
- 1 (15.5 oz) can black beans, rinsed (choose one with the least amount of sodium)
- 1 medium sweet potato, peeled and coarsely grated
- 2 tsp dried oregano
- 1 cup grated mild cheddar (not aged), or Monterey jack/Colby
- 8 (6-inch) flour tortillas
- 2 scallions, thinly sliced and white and green parts separated

*Preparation:*

1. Heat oven to 450°. In a blender, puree the tomatoes, chili powder, half the onion, 1 tablespoon of the oil, and ¼ teaspoon pepper until smooth.
2. Heat 1 tablespoon of the remaining oil in a large skillet over medium-high heat. Add the remaining onion and the garlic and cook until softened, 2 to 3 minutes. Add the black beans, sweet potato, oregano, and ¼ teaspoon of pepper. Cook, tossing frequently, until the sweet potatoes are tender, 4 to 6 minutes. Transfer to a large bowl and let cool. Stir in ½ of the cheese.
3. Spread 1 cup of the tomato mixture in the bottom of a 9-by-13-inch baking dish. Roll up the bean mixture in the tortillas (about ½ cup each) and place the rolls seam-side down in the dish. Top with the remaining tomato sauce and remaining cheddar. Bake on the top rack of the oven until the cheese is brown and bubbly, 10 to 15 minutes.
4. Sprinkle the enchiladas with the scallion greens and serve.



*Food Fairy Note:*

Adapted from: *Black Bean and Sweet Potato Enchiladas*, The Food Fairy, August 2017