

Sweet Potato and Kidney Bean Burritos with Mango Salsa



Makes about 18 burritos

Ingredients

Burritos:

- 5 cups sweet potatoes
- 1 tbsp olive oil
- 3 1/2 cups diced onions
- 2 cloves minced garlic (or to taste)
- 2 tbsp diced green chiles
- 4 tsp cumin
- 4 tsp coriander
- 3 cans of kidney beans
- Handful of cilantro leaves
- 2 tbsp lemon juice
- Approx 18 medium flour tortillas (8")

Mango Salsa:

- 2 mangos finely diced
- 1/2 - 2/3 cup finely diced red onion (depending on taste)
- 1 1/3 cups finely diced cucumber
- 2 tbsp cilantro
- 1 lime
- 1/4 tsp cumin

Directions

Bake your sweet potatoes ahead of time. Approx 1 hour at 350 degrees.

Mango Salsa - Combine mango, grated lime rind, lime juice, red onion, cucumber, cilantro and cumin in a bowl and mix everything together.



Burritos - In a large pot, cook onions, green chiles and garlic in olive oil until onions are soft and transparent. Add cumin and coriander and cook for a few more minutes. Remove from heat.

In food processor, blend the kidney beans, sweet potato, lemon juice, cilantro leaves and place in a large bowl.

Add the onion mixture and mix everything together.

Place a small amount of the mixture in the center of a flour tortilla. Fold in both sides and roll.

Bake in the oven or toaster oven at 350 degrees for approx 30 minutes.

Recipe adapted from recipe for Sweet Potato and Black Bean Burritos from the [Moosewood Restaurant Low-Fat Favorites](#) and the mango salsa recipe from Anne Lindsay's [Lighthearted Everyday Cooking](#).

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