

# Chipotle Sweet Potato & Black Bean Enchiladas

## INGREDIENTS

*For the Enchiladas*

- 2lbs sweet potatoes (2-3 potatoes), cut into small ¼” dice (about 4 cups diced)
- 1 small red onion, diced (about 1 cup diced)
- 2 tablespoons olive oil
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- 1 teaspoon kosher salt
- 1 can (14-oz) black beans, rinsed and drained
- 1.5 cups shredded cheddar cheese, divided
- 8 ten-inch flour tortillas *\*see note below about tortillas*
- Optional garnishes: fresh cilantro, avocado, pepitas, queso fresco

*For the Enchilada Sauce (OR feel free to use store-bought sauce – you’ll need about 3 cups)*

- ¼ cup all purpose flour
- 2 tablespoons brown sugar
- ½ to 1 teaspoon chipotle chili powder (use more or less based on your spice tolerance)
- 1 teaspoon ground cumin
- ½ teaspoon garlic powder
- ¼ teaspoon cinnamon
- ½ teaspoon salt
- 2 tablespoons olive oil
- 3 tablespoons tomato paste
- 3 cups broth/stock (vegetable, chicken, or beef are all fine)
- 1 tablespoon apple cider vinegar

## INSTRUCTIONS

1. Preheat oven to 400F.
2. *Roast the sweet potatoes:*
  - a. Add **4 cups diced sweet potatoes** and **one cup diced red onion** to a large rimmed baking sheet. Add **2 tablespoons olive oil, 1 teaspoon cumin, 1 teaspoon paprika,** and **1 teaspoon kosher salt** directly to the baking sheet and use your hands to toss to combine.
  - b. Roast the sweet potatoes and onions in the oven for 25-30 minutes, or until sweet potatoes are very tender. Set aside to cool. Reduce oven temperature to 350F.
3. *While the sweet potatoes roast, make the enchilada sauce:*
  - a. Measure out the dry ingredients into a small bowl – **3 tablespoons flour, 2 tablespoons brown sugar, ½ to 1 teaspoon chipotle chili powder, ½ teaspoon garlic powder, ¼ teaspoon cinnamon, ½ teaspoon salt.**
  - b. In a medium-sized saucepan over medium heat, warm **2 tablespoons olive oil** until it’s hot and shimmering, then stir in the flour + spice mixture. While whisking constantly, cook the mixture until fragrant and slightly deepened in color, about 1 minute.
  - c. Whisk **3 tablespoons tomato paste** into the saucepan, then pour in **3 cups broth** while whisking constantly to remove any lumps. Raise the heat to medium-high and bring the sauce to a simmer, then reduce heat as necessary to maintain a gentle simmer. Cook, stirring often, for about 8 minutes, until the sauce has thickened a bit. Remove from the heat, then stir in **1 tablespoon apple cider vinegar.** TASTE (!) and adjust seasoning if needed.

4. *Finish the sweet potato and black bean filling:*
  - a. In a medium-sized bowl, combine **1 can black beans** (drained and rinsed), **½ cup of the shredded cheddar cheese**, and the **roasted sweet potatoes and red onion**. Add **⅓ cup of the enchilada sauce** to the bowl and stir to combine. TASTE (!) and adjust seasoning as needed... I usually add another ½ teaspoon kosher salt.
5. *Assemble and bake the enchiladas:*
  - a. Spray a 9x13 pyrex baking dish with cooking spray, or rub the dish with a tablespoon or two of oil. (Don't skip this step, or else your enchiladas may stick to the bottom of your dish).
  - b. Smear **½ cup of the enchilada sauce** on the bottom of your 9x13 pyrex baking dish.
  - c. Assemble the enchiladas by scooping some of the **sweet potato/black bean enchilada** filling on the **lower third of a tortilla** – use ½ cup of filling per 10" tortilla, OR use ⅓ cup of filling if using 8" tortillas. Roll up the tortilla and then place it in the baking dish, seam side down. Repeat with remaining filling and tortillas.
  - d. Pour **remaining enchilada sauce** over the enchiladas and top with the remaining **1 cup shredded cheddar cheese**. Bake for 20-25 minutes, until the cheese has melted and the enchiladas are warmed through. Serve hot and enjoy with desired toppings – fresh cilantro, avocado, pepitas, queso fresco, etc!

*\*NOTE ABOUT TORTILLAS:*

- Traditionally, enchiladas are made with corn tortillas, though (I'm sorry if this offends anyone) I personally prefer flour tortillas. That said, you do you! If you use corn tortillas, you'll want to prep them before adding the filling so they don't rip: you can either wrap them in a damp towel and heat in the microwave for about 60 seconds, or [lightly fry them in oil](#).
- Regarding the SIZE of your tortillas – I usually get the 10" flour tortillas, and this recipe is perfectly portioned to make eight enchiladas from 10" tortillas (using 1/2 cup of filling per tortilla). Alternatively, this recipe will make 10 enchiladas from slightly smaller 8" tortillas (using 1/3 cup of filling per tortillas).