

SWEET POTATO ENCHILADAS

PREP TIME: 20 MIN

BAKE: 350° for 25 minutes

6-8 SERVINGS

INGREDIENTS:

½ cup water, divided

1 medium onion, diced

5 cloves garlic, mined

2 tsp coriander

2 tsp cumin

2 cups fresh spinach, chopped

2 cups black beans, chipped in a food processor

1 tbls Braggs Aminos

3 cups cooked, mashed sweet potatoes

10 corn tortillas

salsa

Preheat oven to 350°

Heat ¼ cup water in a medium skillet over medium-high heat. Add onion and garlic. Saute until onion is translucent. Add coriander and cumin. Cook for 1 minute, stirring constantly.

Add remaining water, spinach, black beans, Braggs Aminos, and sweet potatoes. Cook for 3-5 minutes. Remove from heat and season with salt.

Warm tortillas in oil until soft.

**Place $\frac{1}{4}$ to $\frac{1}{2}$ cup of mixture in center of tortilla.
Roll into an enchilada and place in nonstick
baking dish.**

**Once all the enchiladas are assembled, pour salsa
on top, cover and bake for 25 minutes.**