

Black Bean and Sweet Potato Burritos

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE



THE HUMANE SOCIETY
OF THE UNITED STATES

YIELD: 8 Servings

Ingredients	Qty	Measure
Flour tortilla	8	Each
Black beans	2	Cups
Sweet potatoes cooked tender, cut into small cubes	2	Cups
Cumin	½	tsp
Red bell pepper (diced small)	½	Cup
Green bell pepper (diced small)	½	Cup
Fresh garlic	1	Tbsp
Chili powder	1	Tbsp
Red onion (diced small)	1	Cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Sweat onions, garlic and peppers.
2. Add black beans, sweet potatoes, cumin, and chili powder.
3. Portion ½ cup on each tortilla and roll up.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Spoon 2 oz. of black bean mixture on 1 flour tortilla, roll up, garnish with 1 tsp. of fresh chopped cilantro.

Nutrition Information

 *From USDA Nutrient Database

Calories: 143 Total Fat: 1 g Saturated Fat: 0 g Carbohydrate: 30 g Protein: 5 g Sodium: 127 mg
Vitamin A: 30% Vitamin C: 68% Calcium: 6% Iron: 5%