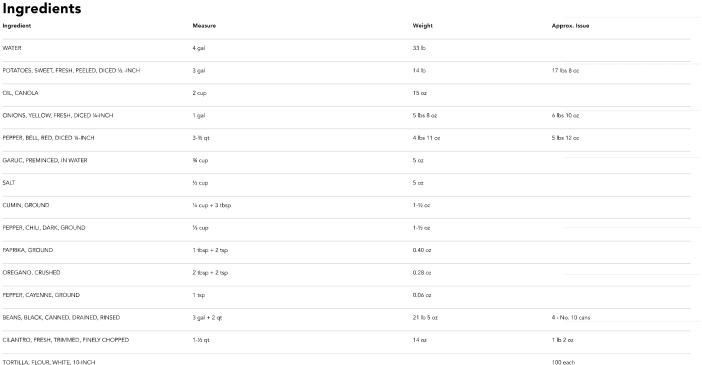


Black Bean and Sweet Potato **Burrito**

Go for Green® Color and Sodium Codes

Green (Eat Often) High Sodium





Directions

- In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
- Bring 4 gal (33 lbs) water to a boil in steam-jacketed kettle or stock pot. Add sweet potatoes and return to a boil. Reduce heat; simmer uncovered for 10-12 minutes. Strain cooked potatoes and reserve for use in Step
- $Preheat \ tilt \ skillet \ to \ 350^{\circ}F \ (177^{\circ}C). \ Add \ oil; \ saut\'e \ onions, \ peppers \ and \ garlic \ for \ 5 \ minutes \ until \ vegetables \ are \ tender.$
- Add salt, cumin, chili pepper, paprika, oregano and cayenne pepper. Sauté for 1 to 2 minutes until fragrant.
- Add black beans and cooked sweet potatoes to the tilt skillet. Continue to cook for an additional 5 minutes. CCP: Internal temperature must reach 135°F (57°C) or higher for 15 seconds. Add cilantro to cooked bean mixture; mix well.
- Transfer bean mixture to serving pans. CP: Hold for hot service at 135°F (57°C) or higher. Assemble burritos by placing 1 cup (7 oz) of black bean filling onto a 10-inch tortilla and fold.

Recipe Notes

- 1. Serving Suggestion: Burritos may be assembled with garnishes, including shredded lettuce, diced tomatoes, shredded cheese, low-fat sour cream or guacamole (Recipe No. B-006-00). Black Bean Burrito filling may also be served as part of a taco bar.
- 2. * Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar combined