

## Black bean and sweet potato enchiladas with pumpkin seed sauce

### Ingredients

#### Sweet potato and black bean filling

- 2 medium sweet potatoes, peeled and diced into ½-inch pieces
- 2 tablespoons extra-virgin olive oil
- 1½ teaspoons ground cumin
- 1 teaspoon chili powder
- ½ teaspoon smoked paprika
- Salt and pepper to taste
- 1 tablespoon extra-virgin olive oil
- ½ onion, diced
- 3 garlic cloves, minced
- 2 cans black beans (15 ounces each), drained and rinsed
- 1 chipotle pepper in adobo, minced
- ½ teaspoon ground cumin
- Salt and pepper

#### Sauce

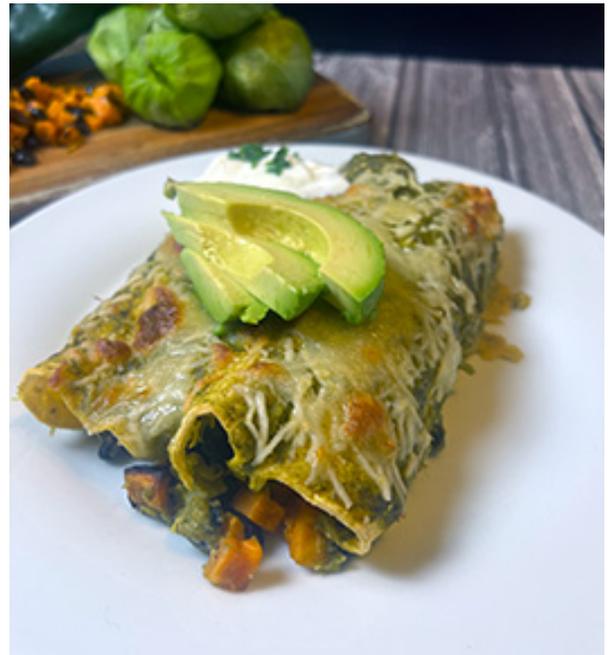
- 2 tablespoons extra-virgin olive oil
- 6 tomatillos, husked and quartered
- 2 poblano peppers, roasted, peeled and seeded
- 1 fresh jalapeño, roughly chopped
- 3 garlic cloves, chopped
- ½ white or yellow onion, roughly chopped
- ¾ cup raw pumpkin seeds
- 1 cup vegetable broth
- ½ cup fresh cilantro, stems and leaves, chopped
- 2 tablespoons fresh lime juice
- ½ teaspoon ground cumin

#### Additional ingredients, optional toppings

- 12 corn tortillas, 6-inch size
- 1 cup shredded Oaxacan or Monterey Jack cheese, omit for vegan version

#### Toppings:

- 2 avocados, sliced
- Pickled red onion slices
- ½ cup toasted pepitas
- 1 cup chopped cilantro
- 1 lime, sliced



### Nutritional information

Total cost: \$26.00/\$3.25 per serving

Servings: 8

Calories: 281 per serving

## Directions

### Filling:

- Preheat oven to 425°F. Line two baking sheets with parchment paper.
- Toss sweet potatoes with olive oil, ground cumin, chili powder, smoked paprika, salt and pepper.
- Place on baking sheet in a single layer. Roast until caramelized and fork-tender, about 25 minutes, flipping once halfway through.
- While potatoes roast, heat olive oil in a medium pot over medium heat.
- Sauté onion and garlic cloves until onions begin to brown, about 3-4 minutes.
- Add black beans and chipotle pepper, seasoning with cumin, salt and pepper.
- Cook 3-4 minutes until fragrant.
- When sweet potatoes are done, fold them into the bean mixture.
- Taste and adjust seasoning, as desired.

### Sauce:

- Combine olive oil with tomatillos, poblanos, jalapeno, garlic and onion. Mix well and place on a second prepared baking sheet. Roast for 20-30 minutes at 425°F or until poblanos begin to blister and tomatillos are soft. Remove from oven and set aside.
- In a dry skillet over medium heat, toast raw pumpkin seeds, stirring constantly, until they pop and turn golden, about 3-4 minutes. Transfer to a blender.
- Peel and seed tomatillos and poblano peppers. Add to blender with jalapeño, garlic, yellow onion, vegetable broth, fresh cilantro, fresh lime juice and ground cumin.
- Blend on high until completely smooth. Taste, adding salt as needed.

### Assemble enchiladas:

- Reduce oven to 375°F.
- Wrap tortillas in a damp paper towel and microwave 45-50 seconds or until pliable, or char them briefly directly over a gas flame.
- Spread about ½ cup sauce across bottom of a 9×13-inch baking dish.
- Fill each tortilla with 2-3 tablespoons of filling, roll tightly, and place seam side down in the dish. Repeat with remaining tortillas.
- Pour the remaining sauce evenly over the enchilada layer.
- If using cheese, scatter over the top.
- Cover dish with foil. Bake 30 minutes at 375°F.
- Remove foil, bake 10 more minutes until sauce is bubbling and edges are golden.
- Let rest 5 minutes before serving.
- Plate the enchiladas and top with sliced avocado, pickled red onion, toasted pepitas, extra cilantro and a squeeze of lime.
- Serve immediately.