



## Sweet Potato Burritos

Number of servings: 6

Serving size: 1 cup

### Equipment:

Slow cooker

### Ingredients:

2 large sweet potatoes, peeled, sliced or diced into equal sized pieces

1 cup frozen corn

2 cups of cooked black beans, prepared from dried (canned black beans\* can be used; if canned beans\* are used, wash and drain thoroughly)

12-ounces homemade salsa\* (any heat level)

4-ounces 1/3 fat soft cream cheese

1 ½ cups cooked brown rice

6 whole wheat tortillas (may substitute with corn tortillas)

Chopped or sautéed vegetables of choice (lettuce, green onion, etc.)

\*If using ready-made salsa or canned black beans choose low sodium, otherwise sodium content of the recipe may increase beyond the recommended level.

### Directions:

Add the sweet potatoes, corn, black beans, salsa and cream cheese into the slow cooker and mix them together. Cook on high for 3 to 4 hours. Once cooked, prepare brown rice and mix into the filling. Scoop filling into tortilla and top with vegetables of choice.

**Cost per recipe:** \$8.05

**Cost per serving:** \$1.34

**MyPlate servings:** 2 servings of grain, 1 ½ serving of vegetables

## Nutrition Facts

Serving Size 1 cup filling and 1 tortilla

Serving Per Container 6

### Amount Per Serving

**Calories** 476

**% Daily Values\***

**Total Fat** 6g **9%**

Saturated Fat 3g **15%**

Trans Fat 0g

**Cholesterol** 10mg **3%**

**Potassium** 1035mg **30%**

**Sodium** 385mg **16%**

**Total Carbohydrate** 82g **27%**

Dietary Fiber 17g **68%**

Sugars 8g

**Protein** 19g **38%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**\*\*Nutrition Analysis:** performed using <https://www.supertracker.usda.gov>

Additional toppings, such as chopped vegetables are not included in nutrition analysis