

# THE Doctors

## Dr. Travis' Tasty Bean Burrito

### Ingredients

Prepared tomatillo/green salsa  
4 cups diced (1/2-inch) peeled sweet potato  
3-4 small dried red chilies  
2 cloves garlic, unpeeled, smashed and left whole  
1 tablespoon extra-virgin olive oil  
3/4 teaspoon dried oregano  
1/2 teaspoon salt, divided  
1/2 teaspoon cumin  
2 cups cooked black beans, drained (see Tip)  
1/2 teaspoon chili powder  
Freshly ground pepper to taste  
4 wheat tortillas  
1/2 cup fresh cilantro leaves  
1/2 cup finely shredded and chopped red or green cabbage  
8 teaspoons reduced fat cheddar cheese or feta cheese



- Put sweet potato in a medium bowl and, using kitchen shears, finely snip chilies to taste into small pieces (seeds and all) into the bowl. Add garlic, oil, 1/2 teaspoon oregano, 1/4 teaspoon salt and 1/4 teaspoon cumin; toss to coat. Arrange on a baking sheet in a single layer. Bake until soft and beginning to brown, 20 to 25 minutes. Peel and finely chop the garlic when cool enough to handle; stir into the sweet potato.
- Meanwhile, combine beans in a small saucepan with the remaining 1/4 teaspoon oregano and 1/4 teaspoon salt, 1/4 teaspoon cumin, chili powder and pepper. Heat over medium-low heat for about 10 minutes.
- Warm tortillas one at a time in a dry large cast-iron (or similarly heavy) skillet over medium heat until soft and pliable. Wrap in a clean towel to keep warm as you go. Spoon 1/4 cup of the warm beans into each tortilla; divide the sweet potato evenly among the tortillas and top each with cilantro, cabbage, 1/2 cup of the salsa and cheese.