



## Flavor-packed Veggie Burritos

By Jenny Abel

2017 has been a *rough* year for those of us who care about the environment. What with approved pipelines, the repeal of the Clean Power Plan, and the recent announcement of Trump's plans to de-list two national monuments in Utah, probably the last thing you want is someone preaching at you about eating less meat. You just want a nice cozy meatless recipe that's a snap to prepare and that makes you feel warm and comforted in the moment.

Well, I've got just the thing. Adapted from a recipe I found on [epicurious.com](http://epicurious.com), this recipe comes together quickly, is full of ingredients that you might already have lying around, and is so tasty that when I took a portion that was supposed to last two days to work for lunch I devoured it in one sitting.

One of the secrets to the quick preparation of this recipe is grating the sweet potato. I'd never thought of doing that before, but it cooks up so fast! Also, I don't think I've ever had a burrito without tomatoes before or at least some salsa roja, but since tomatoes are not in season right now it makes sense to leave them out. The salsa verde and a variety of additions meant that I completely forgot my hankering for that splash of red color from the 'maters.

To make this vegan you can of course omit the sour cream and cheese. It's very good without those. I hope you enjoy this meal that's perfect for any weeknight. Here's wishing everyone happy holidays and a 2018 that is kinder to our planet.

### Quick sweet potato, black bean, mushroom burrito

#### Ingredients

- 3/4 cup brown rice, any variety
- 2/3 cup Mexican salsa verde, divided
- 4 tablespoons chopped cilantro, divided
- 2 tablespoons vegetable oil, divided
- 1 medium (about 8 ounces) sweet potato, grated
- 1 teaspoon kosher salt, divided
- 1 teaspoon ground cumin, divided
- 1/2 teaspoon cayenne pepper, divided
- 8 ounces sliced button mushrooms

- 1/2 medium red onion, thinly sliced
- 1 (16-ounce) can black beans, rinsed, drained
- 5 ounces baby spinach
- 1 lime, halved
- 4 (12") flour tortillas
- 1/3 cup sour cream
- 3/4 cup grated Monterey Jack cheese (about 2 1/2 ounces)
- 1 avocado, diced

### **Preparation:**

1. Cook rice according to package directions. Fluff with a fork and stir in 1/3 cup salsa and 2 Tbsp. cilantro.
2. Meanwhile, heat 1 Tbsp. oil over medium-high in a large nonstick skillet. Add sweet potato and cook, stirring occasionally, until softened, 3 minutes. Stir in 1/2 tsp. salt, 1/2 tsp. cumin, and 1/4 tsp. cayenne, then transfer to a large bowl.
3. Heat remaining 1 Tbsp. oil in another large skillet, add mushrooms, and cook, stirring, until mushrooms begin to brown and release moisture, about 3 minutes. Add onion and remaining 1/2 tsp. salt, 1/2 tsp. cumin, and 1/4 tsp. cayenne; cook, stirring, until mushrooms and onions are tender and cooked through, about 3 minutes. Stir in beans and spinach; cook until warm, about 1 minute more. Transfer mushroom mixture to bowl with sweet potatoes, squeeze half of the lime over, and stir to combine.
4. Place tortillas on a plate and cover with a damp towel. Microwave until warm, about 1 minute. Mix sour cream and remaining 1/3 cup salsa verde and 2 Tbsp. cilantro in a small bowl.
5. Place warm tortillas on a work surface. Place 3 tbsp. cheese in the center of each tortilla, then top with 1 cup potato mixture and 1/4 cup rice. Divide avocado among tortillas and top each with 2 tbsp. sour cream sauce. Fold 2 sides of tortilla over filling, then roll up tortilla to enclose filling. Place burrito seam side down onto a plate and cut in half, if desired. Repeat with remaining tortillas. Cut remaining lime half into wedges and serve alongside.

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