



# Sweet Potato Enchilada (Filling)

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Servings: 5.38  
Serving Size: 1/4 c.  
Protein Per Serving: 1.1 g  
Calories Per Serving: 79

This is a recipe for Enchilada filling. You can make burrito bowls with this, enchiladas (see notes), or a salad by adding greens and broken tortilla chips.

## Ingredients:

- 1 TBSP Olive Oil
- 1 TBSP Butter, regular or unsalted
- 50 g Diced Onions
- 1 clove(s) Garlic, minced
- 245 g Diced Sweet Potatoes, about 1 inch diced
- 1 c Vegetable Broth
- 1/4 c Enchilada Sauce, mild
- 45 g Canned corn with chiles or peppers
- 1/2 tsp Salt, Table
- 1/3 c Daiya Cheddar Style Cutting Board Shreds

## Directions:

1. In a large skillet heat the oil and butter over medium heat. Add the onions and sauté until aromatic, about one minute. Add the garlic and sauté, stirring constantly, for about one minute. Add the sweet potatoes and cook for five minutes, stirring frequently. Add extra oil if the potatoes stick a little.
2. Add the vegetable broth to the skillet and cover. Cook until the sweet potatoes are fork tender, about 10 minutes. Remove cover and add the enchilada sauce, canned corn, and salt. Stir to coat the filling with the sauce. Remove from heat and toss in the cheese and mix. Filling is ready to use.

**Notes:** If making enchiladas, fill tortillas of choice with 1/4 cup of filling and some low protein rice. Roll and place into a greased baking pan, seam side down. Repeat with rest of filling. Pour more enchilada sauce over tortillas and top with cheese. Cover and bake at 350 degrees until heated through and cheese has melted. \*Protein is for the filling only\*