

Sweet Potato Black Bean Enchilada Casserole

Spice up your weekly meal plan with a savory twist on classic enchiladas.

Ingredients

- 1 large sweet potato, peeled
- 1 small red onion
- 4 oz. reduced-fat cheddar cheese (1 cup grated)
- 1 can (15 oz.) reduced-sodium black beans, rinsed and drained
- 1 tsp ground cumin
- 1 cup red enchilada sauce, divided
- 6x6-in. corn tortillas, divided
- Optional toppings: salsa, sour cream or Greek yogurt, diced avocado, cilantro



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Instructions

1. Grate the sweet potato into the [Rockcrok® Everyday Pan](#).
2. Finely chop the red onion with the [Food Chopper](#). Add the red onion to the pan. Microwave, uncovered, on HIGH, for 3–4 minutes.
3. Grate the cheese with the [Microplane® Adjustable Coarse Grater](#).
4. Remove the pan from the microwave and transfer the mixture to the medium [Glass Mixing Bowl](#). Add the black beans and cumin to the bowl and mix well.
5. Place three tortillas on the bottom of the pan. Pour half of the sauce over the tortillas, then add half of the filling and half of the cheese. Repeat the layers.
6. Microwave, covered, on HIGH for 6–8 minutes.
7. Place an oven rack 2–4" from the heating element. Preheat the broiler.
8. Remove the pan from the microwave. Uncover and broil for 2–3 minutes, or until the cheese is melted and lightly browned. Serve with optional toppings.

Yields 6 servings

U.S. Nutrients per serving:

Calories 160, Total Fat 5 g, Saturated Fat 2.5 g, Cholesterol 15 mg, Sodium 480 mg, Carbohydrate 21 g, Fiber 4 g, Sugars 3 g, Protein 10 g

Cook's Tips:

You can add cooked, shredded chicken to this recipe. Add it to the bowl in step 4.

Serve this with a simple cilantro lime rice. Combine 1 cup (250 mL) of white rice and 2 cups of water in the [3-qt. \(3-L\) Micro-Cooker® Plus](#). Microwave, covered, on HIGH for 12–15 minutes, or until the rice is done. Let the rice stand, covered, for 10 minutes, then fluff it with a fork. Add 1 tbsp of lime juice, ½ tsp of salt, and ¼ cup of chopped cilantro. Enjoy!