



Flying Mayan Burrito

 Vegetarian

READY IN



135 min.

SERVINGS



6

CALORIES



1161 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound black beans dry
- 4 ounces roasted chiles green
- 6 12-inch flour tortillas ()
- 6 cloves garlic minced
- 1.5 cups guacamole
- 6 servings kosher salt and pepper black freshly ground
- 1 tablespoon brown sugar light
- 0.3 cup olive oil

- 6 servings olive oil as needed
- 2 onions chopped
- 4 plum tomatoes seeded chopped
- 0.5 cup red wine
- 1.5 cups salsa
- 0.8 cup cup heavy whipping cream sour
- 4 ounces butter sweet ()
- 2 pounds sweet potatoes (4 large)
- 1 ounce tequila
- 4 cups water

Equipment

- frying pan
- sauce pan
- oven
- potato masher
- wooden spoon
- aluminum foil

Directions

- Warm the black bean and sweet potato mixtures in separate saucepans. Wrap tortillas in foil and warm in a 300 degree F oven, or heat each tortilla on both sides quickly in a heavy skillet over medium heat. In each tortilla place about 1/2 cup black beans and 1/2 cup sweet potatoes. Fold one side of the tortilla over the filling and then fold in both sides, and roll up into a burrito.
- Place on a plate and top with generous spoonfuls of salsa, guacamole and sour cream.
- Variation: You may fold grilled chicken, steak, or any other grilled meat into the burrito as well.
- In a heavy saucepan, combine beans, onions, garlic, olive oil and water. Bring to a boil and simmer approximately 1 1/2 hours.

Calories: 1160.71kcal (58.04%), Fat: 62.95g (96.84%), Saturated Fat: 20.63g (128.93%), Carbohydrates: 125.55g (41.85%), Net Carbohydrates: 103.26g (37.55%), Sugar: 19.8g (22%), Cholesterol: 57.6mg (19.2%), Sodium: 1560.92mg (67.87%), Alcohol: 3.7g (100%), Alcohol %: 0.57% (100%), Protein: 22.45g (44.91%), Vitamin A: 22855.84IU (457.12%), Fiber: 22.29g (89.17%), Manganese: 1.64mg (82.01%), Folate: 305.44µg (76.36%), Vitamin B1: 0.99mg (65.78%), Phosphorus: 521.6mg (52.16%), Potassium: 1624.95mg (46.43%), Vitamin K: 46.09µg (43.9%), Vitamin E: 6.57mg (43.82%), Iron: 7.77mg (43.19%), Selenium: 30µg (42.86%), Vitamin B6: 0.85mg (42.48%), Vitamin B3: 8.47mg (42.35%), Magnesium: 160.22mg (40.05%), Vitamin B2: 0.64mg (37.81%), Copper: 0.75mg (37.47%), Calcium: 318.15mg (31.81%), Vitamin B5: 2.81mg (28.06%), Vitamin C: 22.95mg (27.82%), Zinc: 2.76mg (18.41%), Vitamin B12: 0.09µg (1.54%)