

Sweet Potato & Black Bean Enchilada Filling

This recipe makes 12 cups of enchilada filling



Ingredients

3-4 lbs sweet potatoes
2 onions
2 tbsp vegetable broth
20 cloves garlic or **10 tsp** diced
2-15 oz cans black beans (drained)
6 tsp cumin
4 tsp chili powder
1 tsp salt
2 limes, juiced or **3-4 tbsp** lime juice
3 avocados

Optional

2 cups shredded cheddar cheese
(vegan cheese for vegan version)

Directions:

1. Cube the sweet potatoes into small pieces and place them in a steaming basket inside an Instant Pot. (If not using an Instant Pot, boil or steam them until tender)
2. Add 1 cup of water to the Instant Pot and cook on high pressure for 5 minutes. Perform an instant pressure release when done
3. While the sweet potatoes cook, dice the onions
4. Heat a small amount of vegetable broth in a large pot over medium heat
5. Once hot, add diced onions and minced garlic. Sauté until onions become translucent
6. Stir in the drained black beans and mix well
7. Add the cooked sweet potatoes to the pan
8. Add the cumin, chili powder and salt to the pan and stir to incorporate
9. Mash avocados until smooth, creating a guacamole-like texture. Add the lime juice to the mashed avocados
10. Stir into the sweet potato mixture to add creaminess without the need for cheese or sour cream
11. If using cheese, mix it in while the filling is still hot to help it melt
12. Add parchment paper to your trays
13. Spoon the sweet potato and black bean filling onto trays
14. Place dividers (if you choose). We like to use 10 portions per tray
15. Pre Freeze when possible
16. Freeze dry (my cycle time was 28 hours)
17. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 2 divider portions or about 1 ½ cups of freeze-dried enchilada filling to a bowl with ¾ cup of hot water. Cover and let sit for at least 10 minutes, stirring several times. This should fill 2 enchiladas.. Enjoy

Notes:

See our recipe for homemade enchilada sauce. It's amazing and can be freeze-dried!!

Nutritional Value Per 1 cup pre-freeze-dried with cheese

Calories: 311 Protein: 11 g Fat: 11 g Carbohydrates: 40 g Sugar: 4 g Fiber: 9 g