

How to Make Vegetarian Sweet Potato Enchiladas Everyone Will Love

Sweet Potato Black Bean Enchiladas



OVEN
375°F

TIME
12 min

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INGREDIENTS

2 large sweet potatoes, peeled and diced
1 can black beans, drained and rinsed
1 red bell pepper, diced
1 small red onion, diced
2 cloves garlic, minced
1 teaspoon cumin
1 teaspoon chili powder
½ teaspoon paprika
Salt and black pepper, to taste
8 small flour tortillas
1 cup enchilada sauce (store-bought or homemade)
1 cup shredded cheese (cheddar, Monterey Jack, or blend)
Fresh cilantro, for garnish

DIRECTIONS

1. **Prep the Oven:** Preheat oven to 375°F (190°C). Grease a 9x13-inch baking dish or line with foil.
2. **Cook the Filling:** In a large skillet, heat a bit of oil over medium heat. Add sweet potatoes, bell pepper, onion, and garlic. Cook for about 10-12 minutes, stirring occasionally, until sweet potatoes are fork-tender.
3. **Season It Up:** Stir in black beans, cumin, chili powder, paprika, salt, and pepper. Cook another 2-3 minutes until everything is heated through and coated in spices.
4. **Assemble the Enchiladas:** Spoon some of the filling onto each tortilla, roll up tightly, and place seam-side down in the baking dish. Repeat with remaining tortillas and filling.
5. **Add Sauce & Cheese:** Pour enchilada sauce evenly over the rolled tortillas. Sprinkle with shredded cheese.
6. **Bake:** Cover with foil and bake for 20 minutes. Uncover and bake an additional 5-10 minutes, until cheese is melted and sauce is bubbling.
7. **Garnish & Serve:** Top with fresh chopped cilantro and serve warm.

SWAPS & NOTES

Use dairy-free cheese or skip it entirely-still delicious.

Tortillas: Corn tortillas work great too, especially for a gluten-free option.

Add diced jalapeño or a dash of cayenne.

Bulk it up: Toss in some spinach or corn for extra color and nutrition. ??? Instructions 1.

TIPS FOR SUCCESS

Dice sweet potatoes small for faster, more even cooking.

Warm tortillas first (wrap in foil and heat in oven for a few minutes) to prevent cracking when rolling.

Double the filling and freeze half for quick future meals.

Top it off: Serve with avocado slices, sour cream, or lime wedges for extra flavor. ?

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/how-to-make-vegetarian-sweet-potato-enchiladas-everyone-will-love/>