

# Cooking Encounters with H.B.

## **Sweet Potato Enchiladas**

### You will need:

- 1 15 oz can black beans
- 1/2 tsp garlic powder
- 1 tsp onion powder
- 3 medium-sized sweet potatoes
- 6 large flour tortillas
- 2 cups shredded sharp cheese
- 1 12 oz can enchilada sauce
- 1 9x11 baking dish, aluminum foil



### Instructions:

- Preheat oven 350F
- Strain & rinse black beans
- Cook and mash the sweet potatoes (see below)
- Add garlic & onion powder and 1 1/2 cups cheese to potatoes
- Line the baking dish with 1/2 the enchilada sauce
- On a clean surface, lay the tortilla flat, add approx 1/2 cup of potato mixture, and roll up
- Place the tortilla seam side down in the baking dish
- Once you have put all the rolled tortillas in the baking dish cover with the remaining enchilada sauce
- Cover with aluminum foil and bake for 15 mins.
- Remove foil sprinkle with remaining cheese and bake another 15 minutes.

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### Serving Options:

- Add 1/2 tsp cumin to the sweet potato mixture
- Use sharp cheddar cheese or mexican blend
- Add 1 15 oz can of sweet corn - drained
- Substitute the flour tortillas with corn tortillas
- Add cut-up avocado, sour cream, and salsa as alternate toppings when serving
- Try not to over-stuff the tortillas making it difficult to roll them.



This recipe is an adaptation of a recipe that we found online. It was a wonderful dish that we all enjoyed.

Living on a boat sometimes you have to adapt and substitute ingredients based on what you have onboard.

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## **Mashed Sweet Potatoes**

### Instructions:

- Preheat oven to 400F
- Using a fork, poke holes all over each of the sweet potatoes
- Place on a foil-lined baking sheet and bake for 1-hour
- After baking, let potatoes cool, peel and place potatoes in a mixing bowl, and mash

Alternatively -

- Microwave sweet potatoes for 2-3 minutes to 'soften' them enough to cut
- Cut potatoes into bite-sized pieces, season, and place them on the foil-lined pan to bake until tender. Then mash.

Another alternative to making mashed potatoes -

- Place potatoes in a pot of water on the stove to boil.
- Boil until fork-tender
- Strain, cool, then peel
- Place in mixing bowl and mash

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