

Sweet Potato and Black Bean Breakfast Burritos

For a wholesome and flavorful morning meal, try a sweet potato and black bean breakfast burrito. You can make a traditional version with scrambled eggs or a vegan one with tofu. These burritos are also excellent for meal prepping and can be frozen and reheated on busy mornings.

Ingredients

For the filling:

- 1 tbsp olive oil
- 1 large sweet potato, diced into ½-inch cubes (about 2 cups)
- ½ medium yellow onion, diced
- 1 tsp chili powder
- 1 tsp ground cumin
- ½ tsp smoked paprika
- ¼ tsp cayenne pepper (optional)
- 1 (15-ounce) can black beans, rinsed and drained
- Salt and black pepper to taste
- 4–6 large burrito-sized tortillas

If adding eggs (for a non-vegan version):

- 6 large eggs
- ½ cup shredded Cheddar or Monterey Jack cheese

For serving (optional):

- Salsa or hot sauce
- Avocado, diced or mashed
- Fresh cilantro, chopped
- Sour cream or Greek yogurt

Instructions

1. **Roast the sweet potatoes and onions:** Preheat your oven to 400°F (200°C). On a baking sheet, toss the diced sweet potato and onion with olive oil, chili powder, cumin, smoked paprika, cayenne, salt, and pepper. Spread in an even layer and roast for 20–30 minutes, or until the sweet potatoes are tender.
2. **Prepare the black beans:** While the vegetables roast, warm the rinsed black beans in a small saucepan over low heat, or simply add them to the baking sheet during the last 5 minutes of roasting to heat through.
3. **Cook the eggs (if using):** In a skillet over medium-low heat, scramble the eggs until they are just cooked through. Stir in the cheese at the very end and remove from the heat.
4. **Warm the tortillas:** For easier rolling, heat the tortillas for 15–20 seconds in the microwave or in a dry skillet.
5. **Assemble the burritos:** Lay a tortilla on a clean surface. Place a line of the roasted sweet potato and onion mixture in the center. Top with the warm black beans, scrambled eggs and cheese (if using), and any other desired toppings like salsa, avocado, or cilantro.
6. **Roll the burritos:** Fold in the sides of the tortilla, then pull the bottom flap over the filling and roll it tightly toward the top.
7. **Serve or store:** Serve the burritos immediately, or wrap them in aluminum foil or parchment paper for easy storage.