


# Parents.

## Sweet Potato Poblano Enchiladas

**Active:** 20 mins

**Total:** 25 mins

**Yield:** Makes 4 servings (2 enchiladas each)

 Sweet Potato Poblano Enchiladas  
Greg Dupree

### Ingredients

1 small sweet potato, peeled and cut into 1/2-in. cubes (about 1 cup)

1 large poblano chile, chopped (about 1 cup)

1 tablespoon canola oil

1 teaspoon ground cumin

1 cup jarred *salsa verde*

1 cup unsalted vegetable broth

1 tablespoon cornstarch

Nonstick cooking spray

1 cup drained and rinsed canned white beans (from a 15-oz. can)

1 cup shredded Monterey Jack cheese, divided

8 6-in. corn tortillas, warmed according to pkg. directions

Chopped fresh cilantro, for garnish

### Directions

#### Step 1

Preheat broiler with oven rack 8 in. from heat source. Toss together sweet potato, poblano, canola oil, and cumin on a large rimmed baking sheet. Broil until tender and lightly browned, 10 to 12 minutes. Remove from oven and let cool slightly for about 5 minutes.

#### Step 2

Meanwhile, stir together salsa, broth, and cornstarch in a medium saucepan. Bring to a boil over medium-high. Reduce heat to medium to maintain a simmer. Cook, stirring often, until thickened, about 2 minutes. Spread 1/3 cup of the sauce in the bottom of an 11x7-in. baking dish coated with nonstick cooking spray. Set aside.

#### Step 3

Coarsely mash white beans in a medium bowl. Stir in sweet potato mixture and 1/2 cup of cheese until combined. Spoon 1/4 cup of the filling along the center of each tortilla. Roll up into a cigar shape. Arrange, seam-side down, in a single layer over salsa mixture in baking dish. Top enchiladas with remaining sauce and sprinkle with remaining 1/2 cup cheese.

#### Step 4

Broil until cheese is melted and bubbly, about 5 minutes. Sprinkle with cilantro. Serve enchiladas hot.

### Nutrition Facts

#### Per Serving:

389 calories; fat 15g; saturated fat 6g; carbohydrates 50g; insoluble fiber 9g; sugars 5g; protein 16g; sodium 810mg; calcium 322mg; iron 4mg.

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