



Vegan Yam and Avocado Burritos

This recipe was created by **Serena Caner** for **Shuswap Food Action Society**

- Yield: 50 servings
- Serving Size: 1 burrito

Ingredients

- 50 -10" Tortillas
- 1.25 L salsa
- 12 Avocados, mashed

Roasted Yams

- 75 ml olive oil
- 30 ml paprika
- 7 ml salt
- 3 kg yam, peeled and chopped in 1/2" (~12.5 cups)

Spicy Black Beans

- 75 ml olive oil
- 2.5 kg onions, diced (~12 med onions)
- 30 ml fine sea salt
- 60 ml ground cumin
- 20 ml chili powder
- 1.25 kg black beans, dry (or 4- 540 ml cans)
- 90 ml water or reserved bean liquid
- 750g green cabbage, shredded (~8 cups)
- 625 g carrot, shredded (7 cups)
- Juice of 1 lemon/ lime

Method

- Step 1**
Roast yams: Preheat the oven to 200°C /400° F and line a large, greased baking sheet. Toss the yams with the olive oil, paprika and salt. Arrange in a single layer and bake for 30 to 40 minutes, tossing halfway, until tender.
- Step 2**
Prepare the black beans: Place dry black beans in an Instant Pressure cooker with 4L water and pressure cook high for 15 minutes. Allow natural release*.
- Step 3**
Warm the olive oil in a large saucepan over medium heat and add the onions and a sprinkle of salt. Cook, stirring occasionally, until the onions have softened and are turning translucent, about 5 to 8 minutes. Add the cumin, chili powder and salt and cook for about 30 seconds while stirring.
- Step 4**
Add cabbage and carrot. Cook another 5 minutes and then add cooked beans and water. Stir, cover and reduce heat to maintain a gentle simmer. Cook for 10 minutes, then remove the lid and use a fork or masher to mash up at least half of the beans. Remove from heat, stir in lemon, season with salt.
- Step 5**
Add 60 ml yams, 120 ml bean/veggie mix, 25 ml each salsa and avocado into each tortilla. Fold in each end and roll.
- *A natural release of a pressure cooker is when you let the pressure release slowly on its own at the end of the cooking time, without pushing a pressure release button. This can take 10-30 minutes.

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- Cook until internal temperature reaches 74° C for a minimum of 15 sec.
- Cooling: cooling wand & fridge: from 74° C to 20° C in 2 hours AND from 20° C to 4° C within the next 4 hours. If not achieved, throw out.
- Cold Holding: When cooled to 4° C, cover and store at 4° C. If more than 4° C for 2 hours, throw out.
- Reheating: Reheat to 74° C in less than 2 hours. If reheating takes more than 2 hours, throw out.