



## Cooper Mtn. Sweet Potato Burritos

shared by:  
Fire Station 69  
9940 SW 175th Avenue, Beaverton



### Ingredients

1 or 2 sweet potatoes, washed and left whole  
Half of a 13.5 ounce package of Johnsonville turkey sausage, sliced  
2 tablespoons extra virgin olive oil  
3/4 cup sliced mushrooms  
1 red or orange bell pepper diced  
1 can whole black beans  
2 tablespoons cumin  
1 sweet onion diced  
4 ounce can of diced green chiles

### Toppings:

Low-fat shredded cheddar cheese  
Cilantro  
Black olives  
Whole wheat or low-carb burrito-size tortillas  
Salsa  
Low-fat sour cream

### Directions

Bake sweet potatoes at 350 degrees for 30 minutes or until slightly soft (do not over bake). Remove the skins and cut into  $\frac{1}{2}$  inch cubes. In a medium-sized frying pan, heat olive oil and sauté the onion and bell pepper; then add sausage and cook several minutes more. Remove from pan and set aside. Place sweet potatoes, black beans, chiles, and cumin in the pan and add water for burrito filling consistency. Cook over low heat for 15 minutes, then add onion, pepper, sausage mixture. Assemble burritos with desired toppings and enjoy!

Station 69 is located at the top of Cooper Mountain in the southwest portion of Beaverton. Its service area includes single and multi-family housing, commercial structures, and large areas of forest and agricultural land. The crew at this station also manages a complex computerized system for staffing all the fire stations and apparatus within our 210 square mile service area.