

Grilled Tortillas with Sour Cream



Ingredients:

- 2 medium-sized sweet potatoes, cut into chunks (peeled if you prefer)
- 3 tablespoons olive oil
- 6 cloves garlic, chopped
- 2 capsicums
- 1 can corn
- 1 can kidney beans
- 2 teaspoons lime juice
- ½ teaspoon salt
- Pinch of pepper
- 6-8 tortillas
- 1 tub salsa
- Sour cream ingredients (recipe below) or use 1 tub Tofutti Sour Cream (available at some supermarkets as well as some specialty shops)

Directions:

1. If you want to make the sour cream, follow the recipe below first and let it sit in the fridge while you prepare the tortillas.
2. Using a medium-sized saucepan, cook the sweet potato chunks in boiling water over medium heat until soft.
3. As the sweet potato cooks, take a large frying pan and heat the oil and garlic for a few minutes over medium-heat.
4. Add the capsicum, corn and kidney beans to the frying pan.
5. Remove sweet potato from the heat.
6. Drain the sweet potato and mash it, using a mixing bowl or the saucepan as a container.
7. Add the vegetables from the wok to the sweet potato.
8. Stir the ingredients together and add the lime juice, salt and pepper, mixing well.
9. Heat your frying pan again with olive oil.
10. Place a tortilla, brushed with oil, on the frying pan with ½ cup of the mixture on one side of the tortilla.
11. Fold the tortilla in half using a spatula and press it together.
12. Fry the tortilla for a few minutes on each side until nicely toasted and brown.
13. Cut in half and serve with salsa and sour cream on top.

Sour Cream recipe:

1. Take a pack of soft silken tofu and drain any excess water by cutting a slit in the pack and squeezing it over the sink.
2. Blend the tofu, 2 tablespoons of lime juice, 1 tablespoon of maple syrup, ¾ teaspoon salt, 3 cloves of crushed garlic, ¼ cup olive oil, 2 cups fresh coriander (or 2 teaspoons dried coriander) until smooth.
3. Taste the mixture and adjust lime and salt if necessary.
4. Refrigerate for 30 minutes before serving.

For more information on veganism visit www.veganperth.org.au

Recipe adapted from *Veganomicon* by Isa Chandra Moskowitz and Terry Hope Romero.