Sweet Potato Burritos

* 1/2 teaspoon vegetable [oil](http://allrecipes.com/recipe/addictive-sweet-potato-burritos/detail.aspx?event8=1&prop24=SR_Title&e11=sweet+potato+burritos&e8=Quick+Search&event10=1&e7=Home+Page#)
* 1/8 [onion](http://allrecipes.com/recipe/addictive-sweet-potato-burritos/detail.aspx?event8=1&prop24=SR_Title&e11=sweet+potato+burritos&e8=Quick+Search&event10=1&e7=Home+Page#), chopped
* 5/8 clove [garlic](http://allrecipes.com/recipe/addictive-sweet-potato-burritos/detail.aspx?event8=1&prop24=SR_Title&e11=sweet+potato+burritos&e8=Quick+Search&event10=1&e7=Home+Page#), minced
* 1 cup canned kidney beans, drained
* 1/3 cup water
* 1-1/2 teaspoons chili powder
* 1/4 teaspoon ground cumin
* 3/4 teaspoon prepared mustard
* 1/8 pinch cayenne pepper, or to taste
* 1-1/2 teaspoons soy sauce
* 2/3 cup cooked and mashed sweet potatoes
* 3 (10 inch) flour tortillas, warmed
* 1-1/2 ounces shredded Cheddar cheese

Peel sweet potatoes and boil until tender.  Mash.  Heat oil in skillet and add onion and saute until soft.  Add garlic and cook another 30 seconds.  Add beans and mash.  Stir in water.  Add spices, mustard and soy sauce.  Spread 1/3 of mixture on top of each tortilla.  Top with mashed sweet potatoes.  Sprinkle with cheese.  Roll up burritos style.  (Something I clearly didn't know how to do.)  Place on a baking sheet and bake 12 minutes at 350.