



Sweet Potato, Black Bean & Quinoa Casserole

Yield: 4-6 servings

Prep Time: 15 minutes

Total Time: 1 hour

Another one-dish meal! This one is naturally vegan and is full of quality plant-protein with quinoa and black beans. As written it has a Southwestern flare, but you can change up the spices for an Italian or even Middle Eastern option!

INGREDIENTS

4 Cups peeled and chopped sweet potatoes
1 Can (15-oz) black beans, rinsed and drained
1 Cup dry, uncooked Quinoa
1 Red bell pepper, chopped
3 Green onions, chopped
1 Tablespoon chili powder
1 Tablespoon ground cumin
1 Teaspoon garlic powder
1/4 Teaspoon salt
2 Cups vegetable or chicken stock
1 Avocado, peeled and chopped
1 Lime (zested and juiced)
Chopped cilantro, shredded cheese, salsa, and/or sour cream (optional for topping)

PROCEDURE

1. Preheat oven to 375 degF
2. In a 13x9-inch glass baking dish, combine the sweet potatoes, black beans, quinoa, bell pepper, green onions, chili powder, cumin, garlic, and salt. Mix well to combine, spread into an even layer, and pour broth over the top.
3. Cover the dish with foil and bake for 40-45 minutes or until the broth has been completely absorbed, the quinoa is fluffy, and the sweet potatoes are tender. Remove dish from oven.
4. Allow the dish to sit about 10 minutes before serving. Combine avocado with lime zest and juice. Serve quinoa mixture topped with the avocado and any other optional toppings you like.
5. Will keep refrigerated 5-7 days.

Notes: For Italian flare, swap chili powder and cumin for dried Italian spices, basil, and/or oregano. For a middle eastern flavor use curry, turmeric, and/or za'atar.

Use a different bean or legume in place of the black beans or omit or swap with a cooked protein of choice (chicken, shrimp, sausage, etc.).