



# SWEET POTATO, BEAN, AND GRAIN BOWL

## INGREDIENTS

- 1 cup dry brown or preferred rice
- 1 avocado, sliced or cubed
- ¼ cup onion, minced
- 1 clove garlic, minced
- 1 can black beans
- 2 cups water or broth
- 1 sweet potato, cubed
- 2 tsp salt
- 1 tsp garlic powder

## DIRECTIONS

1. Sauté onion and garlic in small amount of broth until translucent and fragrant, (2-3 min).
2. Toast rice in with sautéed veggies for 2 minutes.
3. Add rest of broth or water, bring to boil, cover and bake with beans at 350°F (20-23m).
4. Roast sweet potatoes with salt, garlic powder ~25 minutes.
5. Serve over salad greens or with salsa with avocado.

