

SMASHED SOUTHWEST SWEET POTATOES

Ingredients



1 Cup Wild or
Brown Rice



4 Medium Sweet Potatoes
(halved lengthwise)

Spice Mixture



2 tsp Chili
Powder



1 tsp Smoked
Paprika



1 tsp Garlic
Powder



1/2 Tsp
Cumin

Slaw Mixture



10 oz
Shredded
Cabbage



1 Lime
Zest & Juice



1 Bunch
Fresh Cilantro
Chopped

Bean Sauce



1/2 Cup
Favorite Salsa



1/2 Cup
White Beans

Bean/Corn/Rice Mix



2 Cans (15 oz)
Black or Pinto
Beans



2 Cups
Frozen Corn or
2 Ears of Corn

Directions

Step 1: Preheat oven to 350 °F.

Step 2: Prepare rice according to package.

Step 3: Combine spice mixture with 2 tbsp of water plus 1/2 tsp of salt.

Step 4: Slice potatoes in half and coat with spice mixture, place in oven for 25-30 minutes, until tender enough to pierce with fork.

Step 5: Combine slaw mixture with 1/4 cup of vinegar, salt & pepper to taste. Let marinate for flavor development and set aside.



Step 6: Add bean sauce ingredients into a blender; blend until smooth.

Step 7: When rice is done, add to a pan with corn, beans & remaining spice mixture. Season with salt and pepper for added flavor.

Step 8: When sweet potatoes are done, smash & top with bean/corn/rice mix. Add slaw mixture and bean sauce.

Step 9: Add desired additional toppings.

Avocado (sliced or diced)

Toasted Pumpkin Seeds

Hot Sauce

Salsa