

Total Time: 50 mins

Serving Size: 4-6

SMASHED SOUTHWEST SWEET POTATOES

Ingredients



1 Cup Wild or Brown Rice



4 Medium Sweet Potatoes (halved lengthwise)

Spice Mixture



Powder



2 tsp Chili 1 tsp Smoked Paprika



1 tsp Garlic Powder



1/2 Tsp Cumin

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.

Slaw Mixture



10 oz Shredded Cabbage

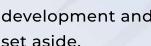


1 Lime Zest & Juice



1 Bunch Fresh Cilantro Chopped

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





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 or Corn

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