Bean and Sweet Potato Burrito Bowl
RECIPE

Bean and Sweet Potato Burrito Bowl

TIME	30 min
INGREDIENTS	12 items
MAKES	4 servings

All your favorite burrito fillings are served bowl-style for a nutritious and delicious vegetarian meal. Cooked chicken, beef or pork can be easily added for meat lovers!

INGREDIENTS

- 2 small sweet potatoes, cut into wedges
- 1 red bell pepper, sliced
- 2 tbsp olive oil
- 1 tbsp Tex-Mex seasoning
- 1/4 tsp black pepper
- 1 cup canned no added salt black-eyed peas, drained and rinsed
- 1/2 cup quartered cherry tomatoes
- 1/4 cup chopped cilantro leaves
- 2 green onions, sliced
- 2 tbsp freshly squeezed lime juice
- 2 pouches (8.8 oz each) Ben's Original™ Ready Rice™ Spanish Style with Tomatoes and Peppers Rice
- 1/2 ripe avocado, peeled, halved, pitted and chopped (optional)

INSTRUCTIONS

1. Preheat oven to 400°F. Line baking sheet with parchment paper.
2. Toss sweet potatoes and red pepper with oil, Tex-Mex seasoning and pepper in medium bowl. Arrange in single layer on prepared baking sheet.
3. Bake for 25 to 30 minutes or until tender.
4. Meanwhile, stir together black-eyed peas, tomatoes, cilantro, green onions and lime juice in another medium bowl.
5. Prepare rice according to package instructions.
6. Divide rice evenly among 4 serving bowls. Top evenly with roasted vegetables and peas mixture. Top with chopped avocado if desired.
7. Tip: For added flavor, drizzle with your favorite creamy dressing, such as ranch or

green goddess dressing.

NUTRITION

- CALORIES: 390
- TOTAL FAT: 12g
- SATURATED FAT: 2g
- TRANS FAT: 0g
- SODIUM: 590mg
- TOTAL CARBOHYDRATES: 63g
- DIETARY FIBER: 7g
- TOTAL SUGARS: 9g
- PROTEIN: 7g

MORE RECIPES LIKE THIS

Brown Rice with Spinach and Parmesan Cheese

Cooking time

35 Minutes

Ingredients

10 items

Classic Shrimp Fried Rice

Cooking time

15 minutes

Ingredients

9 items

Brown Rice & Apple Salad

Cooking time

20 minutes

Ingredients

9 items



Cheesy Chicken Broccoli Rice Bake

Cooking time

45 Minutes

Ingredients

9 items

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