

Sweet Spud Bowl

Oct 17, 2024

Nothing says fall like warm, hearty flavors, and this Sweet Potato Burrito Bowl is as cozy as it gets! It is topped with roasted sweet potatoes, black beans, and all your favorite fixins. It hits the spots for a satisfying lunch or mouthwatering dinner. Finished with a drizzle of Chipotle Bitchin' Sauce for a smoky, zesty kick that'll make it your go-to fall dish!

Serves:

4

Prep Time:

20

Cook Time:

30

Calories:

400

Ingredients

Measurement	Ingredient
1 lb.	Sweet potatoes, peeled and cut into 1/2-inch cubes (about 3 medium)
2 Tbsp.	Extra-virgin olive oil, divided
2 tsp.	Chili powder, divided
1 1/4 tsp. ground cumin, divided	Ground cumin, divided
1 tsp.	Granulated garlic, divided
3/4 tsp.	Salt, divided
1	Red bell pepper, chopped
1 cup	Chopped red onion
1 cup	Dry quinoa
2 cups	Vegetable broth
1 (15-oz.) can	Black beans, rinsed and drained
3 Tbsp.	Finely chopped fresh parsley
1 Tub (8oz)	Chipotle Bitchin' Sauce
1 medium avocado	Peeled and cut into cubes
1 cup	Diced tomatoes (or halved cherry tomatoes)
1/4 cup	Finely chopped red onion
3 Tbsp.	Finely chopped fresh parsley
1 small jalapeño	Seeds and ribs removed, finely chopped (optional)
2 Tbsp.	Fresh lime juice
1/4 tsp.	Salt (or more to taste)

Method

1. Preheat oven to 425°F. Place sweet potatoes on a rimmed baking sheet and add 1 Tbsp. oil, 1 tsp. chili powder, 1/2 tsp. cumin, 1/2 tsp. garlic powder, and 1/2 tsp. salt; toss well to coat. Roast sweet potatoes for 25 to 28 minutes, tossing once halfway through, until tender.
2. Meanwhile, heat remaining 1 Tbsp. oil in a medium saucepan over medium-high heat. Once hot, add bell pepper and red onion; cook 5 to 6 minutes, stirring occasionally, until soft. Next, stir in quinoa, remaining 1 tsp. chili powder, 3/4 tsp. cumin, 1/2 tsp. garlic, and 1/4 tsp. salt; cook 2 more minutes, stirring often, to lightly toast quinoa. Add vegetable broth and bring mixture to a low boil. Cover, reduce heat to medium-low, and simmer until all liquid is absorbed and quinoa is fluffy, about 15 minutes.
3. Stir black beans and cilantro into quinoa mixture and remove from heat. Keep lid on to gently steam grains and keep warm while you prepare remainder of recipe. Prepare Avocado Pico de Gallo (if using). In a medium bowl, combine avocado, tomatoes, red onion, cilantro, and jalapeño (if using). Add lime juice and salt; stir to combine.
4. Assemble Bowls. Divide quinoa mixture and roasted sweet potatoes evenly between each of four bowls. Add a scoop of avocado pico de gallo and drizzle Chipotle Bitchin' Sauce ovetop. Garnish with additional fresh cilantro, if desired.