

# Sweet Potato Black Bean Quinoa Bake

6 SERVINGS 55 MINUTES



## INGREDIENTS

3 Sweet Potato (small, peeled and chopped)  
2 cups Black Beans (cooked, from the can)  
1 cup Quinoa (dry, uncooked)  
1 Red Bell Pepper (chopped)  
3 stalks Green Onion (chopped)  
1 tbsp Chili Powder  
1 tbsp Cumin (ground)  
1 tsp Garlic Powder  
1/4 tsp Sea Salt  
2 cups Vegetable Broth  
1 Lime (juiced)  
1 Avocado (diced)

## DIRECTIONS

- 01 Preheat oven to 375°F (190°C).
- 02 In a large baking dish, add the sweet potatoes, black beans, quinoa, pepper, onion, chili powder, cumin, garlic and sea salt. Stir well to combine and then add the broth.
- 03 Cover the baking dish with foil and bake for 40 minutes or until the broth has absorbed completely, the quinoa is fluffy and the sweet potatoes are tender. Remove from the oven.
- 04 Let the quinoa bake sit for 5 minutes before dividing between plates. Top each plate with lime juice and avocado. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	311	Carbs	52g
Fat	8g	Protein	12g