



Sweet Potato Bok Choy Bowl

With winter upon us, it's easy to get into the rhythm of comfort food that's loaded with lots of complex carbs. This is a refreshingly light, yet satisfying meal that makes great leftovers for lunches! Enjoy!

Ingredients

- 1 bag mixed greens—washed and patted dry (you can use whatever you have on hand, or whatever is on sale)
- 2 sweet potatoes peeled, and cubed
- 2 heads bok choy—washed and chopped (about 2-3 cups)
- 1 can beans (of choice, or whatever you have on hand)
- 2 Tbsp chili powder—divided
- 1 cup brown rice (you can use whatever you have available)
- Water (enough to follow directions for cooking the rice you have on hand)
- 2 Tbsp olive oil—divided
- optional: green onions, cilantro, avocado jalapenos, hot sauce



Cooking Instructions

1. Mix water and rice (as directed on the box), rice, ONE tbsp chili powder, ONE Tbsp olive oil, and a dash of salt. Cook as directed, remove from heat, and fluff with a fork.
2. In a large pan, heat the remaining (one) Tbsp of oil over medium heat. Add the sweet potatoes and let cook uncovered for 15 minutes, stirring occasionally so they do not stick to the pan. While these are cooking, chop the green onions and cilantro (if using).
3. When potatoes are slightly tender, add bok choy and remaining (one) Tbsp of chili powder. Stir and reduce heat to low. Cook over low until potatoes are fully tender.
4. Add 1 tsp salt and stir, remove from heat.
5. Layer greens, then potatoes/bok choy mixture. Top with rice and beans. and optional mix-ins!

PREP TIME 15 mins

COOK TIME 20 mins

TOTAL TIME 35 mins

Creamy Roasted Broccoli and Sweet Potato Soup

Ingredients

- 7 oz Broccoli 7 oz is approx. 1+½ cup
- 14 oz Sweet potatoes (orange) 14 oz is approx. 2 cups
- 2-3 Tbsp Olive oil
- 4 cloves Garlic
- ¼ tsp Garlic powder
- ½ tsp Ginger powder
- ½ tsp Turmeric
- 3 cups veggie broth
- Salt and Pepper to taste



Directions

- Wash and cut broccoli into florets. Wash, peel and cut sweet potato into small cubes.
- Take the chopped sweet potato and drizzle with 1 Tbsp olive oil and a dash of black pepper. Mix well.
- Take the broccoli florets and add garlic powder, salt, and black pepper along with the olive oil to the broccoli. Mix well.
- Take your 4 cloves of unpeeled garlic and drizzle them with olive oil.
- In a sheet pan with parchment paper or an oven-safe glass dish and arrange the chopped veggies in one single layer and add the garlic in the middle.
- Pre-heat the oven and bake them on 375 degrees F for 20-25 minutes.
- Take your blender and add all roasted sweet potatoes, half of the roasted broccoli (save half for serving), the 4 cloves of garlic (peeled), ginger powder, turmeric powder, and the veggie broth. Blend until smooth and creamy.
- Serve it with the remaining half of roasted broccoli, croutons, and anything else you like. More serving tips in the Notes.

