SWEET POTATO BLACK BEAN BOWL

Ingredients

For the Sweet Potatoes

- 1 1/2 cups black beans (1 15-oz can, drained and rinsed very well)
- 2 tbsp cocoa powder
- 1/2 cup quick oats
- 1/4 tsp salt
- 1/3 cup pure maple syrup or honey
- 2 tbsp sugar
- 1/4 cup vegetable oil
- 2 tsp pure vanilla extract
- 1/2 tsp baking powder
- 1/2 cup to 2/3 cup chocolate chips

For the Corn Salsa

- 1 (15.25 ounce) can sweet corn, drained
- 1 carrot, peeled & finely diced
- ½ red onion, finely chopped
- ½ cup canned diced tomatoes
- 1 tablespoon chopped fresh cilantro, or more to taste
- 1 tablespoon fresh lime juice, or to taste
- 1 teaspoon honey
- salt and black pepper to taste

For the Black Beans

- 1 tablespoon olive oil
- 1/2 medium red onion, diced
- 1 red bell pepper, seed removed and diced
- 2 cloves garlic, minced
- 2 (15 oz) cans black beans
- 1/3 cup chopped cilantro
- 1 teaspoon smoked paprika
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 3/4 teaspoon ground cumin
- 3/4 teaspoon chili powder
- 1/2 teaspoon dried oregano
- 1 tablespoon lime juice

For Assembling the Bowl

- 2 cups chopped Romaine lettuce, or greens of choice
- 2 cups cooked rice
- 2 avocados, chopped
- Pickled red onions
- Cilantro sprigs
- Pepitas, for sprinkling on top

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Instructions

- Preheat the oven to 425 degrees F.
- Place the chopped sweet potatoes on a large baking sheet and drizzle with olive oil. Season with garlic powder, smoked paprika, salt, and pepper. Toss until the potatoes are evenly coated. Spread the potatoes in an even layer. Roast for 25 minutes or until the edges are browned, stirring once halfway through.
- While the sweet potatoes are roasting, make the black beans. In a large skillet, heat the olive oil over medium high heat. Add the onion and bell pepper. Cook, stirring occasionally, until tender, about 4 to 5 minutes. Add the garlic and cook for 1 minute.
- Add the black beans, cilantro, smoked paprika, salt, pepper, cumin, chili powder, and oregano. Stir until combined. Cook, stirring occasionally, until the beans are heated through, about 5 minutes. Add the lime juice, stir, and remove from the heat. Set aside.
- To make the corn salsa, in a medium bowl, Stir corn, carrot, red onion, tomato, cilantro, lime juice, honey, crushed red pepper, salt, and pepper together in a bowl. For best flavor results, chill until ready to serve.

*To assemble the bowls, add the sweet potatoes, black beans, lettuce, rice or quinoa, avocado, pickled red onions, cilantro, and pepitas to a bowl. Top with corn salsa and serve.