



NUTRITION per serving 179g carbohydrates 17g fat 26g protein 1098mg sodium | vegetarian, gluten-free, dairy-free, soy-free, shellfish-free, nut-free



Calories
955



Prep & Cook Time
30-40 min.



Cook Within
7 days



Difficulty
Easy



Spice Level
Mild

IN YOUR BOX

14 oz. Sweet Potato
1 Red Onion
1 ½ Tbsp. Chipotle Cinnamon Seasoning
4 tsp. Vegetable Base
¾ cup Parboiled White Rice
15 ½ oz. Canned Black Beans
3 Cilantro Sprigs
1 Avocado
2 Limes
1 Roma Tomato

IN YOUR KITCHEN

Olive Oil
Salt
Pepper
Cooking Spray
Baking Sheet
2 Small Pots
2 Mixing Bowls

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HOME CHEF

Sweet Potato and Black Bean Burrito Bowl

with fresh guacamole and pico de gallo

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **375 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads Up!** Red onion is used twice. Half is baked with **sweet potatoes** and remaining is added (to taste) to **pico de gallo**.
- **Heads Up!** Chipotle seasoning is used twice. 1 Tbsp. flavors **sweet potatoes** and remaining is added to **black beans**.
- **Heads Up!** Lime juice is used twice. 2 tsp. is added to **guacamole**, and 1 Tbsp. is added to **pico de gallo**.
- **Heads Up!** Cilantro is used twice. Half is added to **pico de gallo** and remaining garnishes dish.

FROM THE CHEF

Ripen hard avocados in 1-2 days by closing them in a paper bag alone or with a banana, apple, or tomato.

Did you know...

George Washington Carver is credited with inventing peanut butter (thanks!), but did you know he found over 100 uses for sweet potatoes? In addition to publishing dozens of sweet potato recipes, he also used them in book binding, fabric dyes, and wood fillers.



1

Roast the Sweet Potatoes

Cut **sweet potato** into ¼” dice. Halve and peel **onion**. Cut halves into ¼” dice. Place potatoes on prepared baking sheet and toss with 2 tsp. **olive oil** and 1 Tbsp. **chipotle seasoning** (reserve remaining for beans). Spread into a single layer and bake 10 minutes. Remove from oven, add half the red onion (reserve remaining for pico de gallo), and toss with sweet potatoes. Spread into a single layer again and bake 10-15 minutes, or until potatoes are tender.



4

Make the Beans

Place **black beans** in another small pot with ¼ cup **water** over medium-high heat. Bring to a simmer and cook 8 minutes, or until warmed throughout. Season with remaining **chipotle seasoning**. While beans cook, start pico de gallo and guacamole.



2

Cook the Rice

While sweet potato cooks, bring a small pot with 1 ½ cups **water**, **vegetable base**, and **rice** to a boil. Reduce to a simmer, cover, and cook until tender and water has been absorbed, 17-20 minutes. While rice cooks, start preparing ingredients.



5

Make Pico de Gallo and Guacamole

Add 2 tsp. **lime juice** and a pinch of **salt and pepper** to bowl containing avocado. Using a fork, mash together until desired guacamole consistency is reached. Place diced **tomatoes**, 2 Tbsp. **red onion** (adding more to taste), 1 Tbsp. **lime juice**, **half the cilantro** (reserve remaining for garnish), ¼ tsp. **salt**, and a pinch of **pepper** in another small mixing bowl. Mix to combine.



3

Prepare the Ingredients

Drain and rinse **black beans**. Mince **cilantro** (no need to stem). Halve **avocado** and remove pit by *carefully* tapping pit with the blade of your knife so it sticks. Gently twist knife to release pit. Scoop out the flesh with a spoon and into a small mixing bowl. Zest one **lime**. Halve and juice both limes. Core **Roma tomato** and cut into ¼” dice.



6

Plate the Dish

Place a serving of **rice** in a bowl. Add **sweet potatoes**, **black beans**, **pico de gallo**, and **guacamole** to bowl. Garnish with **lime zest** and remaining **cilantro**.