

Buddha Bowl Sweet Potato, Garbanzo & Red Lentils

PREP TIME:

10 minutes

COOKING TIME:

LOW: 8 hours
OR
HIGH: 3 hours

SERVES:

6

INGREDIENTS:

1 tbsp olive oil
1 1/2 cups / 1 medium onion, small dice
2 tsp / 4 cloves garlic, minced
1 Southwest Fiesta Blend
1/2 cup red lentils, rinsed
1 x 14oz can garbanzo beans, drained
4 cups / 2 whole / 12oz sweet potato, peeled and chopped 1/2" dice
1 can diced tomatoes
1 cup water
3/4 cup cooked rice

optional bowl toppings
sliced avocado, pumpkin seeds, cilantro, lime wedges

PREPARE:

heat the olive oil in a skillet over a medium heat and sauté the onions and garlic for 2 minutes

add the onion mixture to the slow cooker

add the Southwest Fiesta blend, lentils, garbanzo beans, sweet potato, diced tomatoes and water to the slow cooker

stir, cover and cook on LOW: 8 hours or HIGH: 3 hours

spoon over cilantro herbed rice and top with optional toppings, if using.

