



FAST. EASY. FRESH.

YAM AND BLACK BEAN ENCHILADA STIR-FRY WITH BROWN RICE

1. Start by placing your **rice** in a small pot with 1 ¼ cups water and a pinch of salt. Bring to a boil, then reduce the heat, cover, and simmer for 17-18 minutes or until the water has been completely absorbed. Set aside.

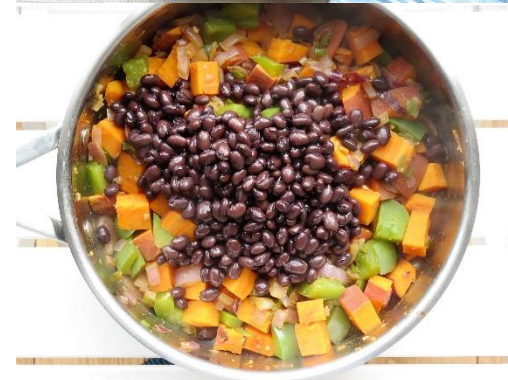
2. Next, peel and dice the **red onion**, peel and mince the **garlic**, and cut the **yam** into ½-inch cubes. De-seed and dice the **sweet bell pepper**, and de-seed and mince the **jalapeno**. Drain and rinse your **black beans**.

3. Heat the **olive oil** in a large pan set over medium heat. When hot, add the **onion** and cook for about 2-3 minutes, until it starts to soften. Add the **garlic** and cook for 30 seconds, until fragrant. Next, stir in the **jalapeno, bell pepper, yams, cumin, smoked paprika**, and ¼ tsp. **salt**. Cover and let cook for about 5 minutes, stirring halfway through.

4. Add ½ cup **water** to the pan, then re-cover and let cook for 8-10 minutes, stirring occasionally, until the potatoes are tender.

5. Remove the cover, turn the heat down to low and add in the **black beans** and **enchilada sauce**. Cook for 1-2 more minutes, stirring frequently, until everything is warmed through. Remove from the heat, taste, and season with **salt** and **pepper** as desired.

6. To serve, scoop the rice onto dishes and top with the enchilada stir-fry. Garnish with freshly torn **cilantro** leaves. Enjoy!



Ingredients (2 Person Serving – 846 Calories Per Serving)

| | | | |
|-------------------|----------|----------------------|--------------|
| Olive Oil | 1 Tbsp. | Water | ½ Cup |
| Yellow Onion | 1 | Black Beans | 1 398 ml Can |
| Garlic | 3 Cloves | Enchilada Sauce | 1 284 ml Can |
| Jalapeno | 1 | Converted Brown Rice | ¾ Cup |
| Sweet Bell Pepper | 1 | Cilantro | Small Bunch |
| Yam | 1 | Salt and Pepper | To taste |
| Ground Cumin | 1 tsp. | | |
| Smoked Paprika | ½ tsp. | | |

35 Minute Cook Time!