



YAM AND BLACK BEAN ENCHILADA STIR-FRY WITH BROWN RICE

FAST. EASY. FRESH.

1. Start by placing your **rice** in a small pot with 3 ½ 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 **yams** into ½-inch cubes. De-seed and dice the **red 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 (4 Person Serving – 846 Calories Per Serving)

Olive Oil	1 Tbsp.	Water	½ Cup
Red Onion	1 Medium	Black Beans	1 540 ml Can
Garlic	3 Cloves	Enchilada Sauce	1 796 ml Can
Jalapeno	1	Converted Brown Rice	1 ½ Cups
Red Bell Pepper	1 Large	Cilantro	Small Bunch
Yams	2 Medium	Salt and Pepper	To taste
Ground Cumin	2 tsp.		
Smoked Paprika	1 tsp.		

35 Minute Cook Time!