

AUTUMN VEGETABLE RICE BOWL



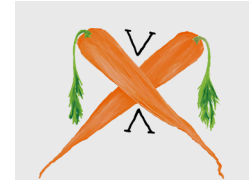
SERVES: 4-6

PREP TIME: 10 MINUTES

COOK TIME: 40 MINUTES

TOTAL TIME: 50 MINUTES

THE VARIANT VEGGIE



PLANT-BASED NUTRITION.

NEVER BLAND.

ALWAYS VARIANT.

INGREDIENTS

- 1 tsp raw coconut oil
- 2 cups short-grain brown rice, uncooked (~4 cups cooked)
- 3 1/2 cups filtered water
- 2 tsp Extra Virgin Olive Oil
- 2 medium beets, stems removed, peeled, cubed
- 2 medium sweet potatoes, peeled, cubed
- 1/2 - 1 medium red onion, sliced in half moons
- 2 cups brussels sprouts, washed, ends chopped off
- 1/2 cup raw pepitas (pumpkin seeds)
- For Roasted Garlic-Tahini Sauce:
 - 1/2 cup tahini
 - 1 head roasted garlic*
 - 1/2 tsp smoked paprika
 - 1 TBSP lemon juice
 - 1/2 tsp celtic sea salt
 - 1/4 cup hot water to thin, more if needed
- Pepper to taste
- Optional toppings: bean sprouts, roasted chickpeas, green onions.

METHOD

Preheat oven to 400 degrees F. Prepare beets, sweet potatoes, red onion, and brussels sprouts. Add all to a large bowl, drizzle lightly with EVOO and salt/pepper. Place on a large baking sheet lined with parchment paper or silicon mats. Bake for a total of 30-40 minutes, removing to turn and reposition at the halfway mark for even cooking.

Prepare pepitas for roasting by laying out on a small baking sheet. Dry roast for 7-10 minutes at 400 degrees F, remove and let cool.

Meanwhile, cook brown rice. Heat a large saucepan or stockpot over medium-high heat. When hot, add 1 tsp coconut oil. Add uncooked brown rice to toast for 1-2 minutes or until the rice begins to smell fragrant. Now add 3 1/2 cups of filtered water. Bring to a boil, then reduce heat to low. Cover and simmer for around 35 minutes.

Prepare sauce. Add all ingredients to a small bowl, mixing well with a fork or whisk. Add hot water to thin. Start with 1/4 cup and add additional to reach desired consistency.

When veggies and rice and finished cooking, make bowls by adding rice first and topping with veggies, tahini sauce, roasted pepitas, and any additional toppings! Enjoy!

NOTES:

*Roast garlic head by cutting off the top, drizzling lightly with olive oil, wrapping in foil, and roasting in a 400 degree oven for 20 minutes. Allow to cool, then squeeze out roasted cloves directly into sauce.

This also makes great leftovers. Store sauce separately and top when ready to eat. Keeps in the fridge for 2-3 days!

You will definitely end up with some leftover rice to use in other recipes or add to any salads throughout the week!

NUTRITION:

Serving Size: 1/6 of recipe Total Calories: 400 Total Fat: 19 g Saturated Fat: 3 g

Sodium: 193 mg Potassium: 454 mg Total Carbohydrates: 72 g Fiber: 8 g Sugar: 6 g

Vitamin A: 132% Vitamin C: 52% Calcium: 13% Iron: 16% (Percent Daily Value)