

# Argentinean Black Beans & Rice Bowl

We're updating the classic black beans and rice with a zippy exotic touch: chimichurri! This Argentinean parsley sauce is served with sweet potatoes, queso fresco and black beans over brown rice. It's a simple, hands-free dinner we just love. Yum!

**40** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Rimmed Baking Sheet  
2 Saucepans  
Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 4 MEEZ CONTAINERS

Brown Rice  
Sweet Potatoes  
Chimichurri Salsa  
Black Beans & Onions

## Make The Meal Your Own

**Want to get dinner on the table in a flash?** Cook the rice and sweet potatoes ahead of time. Dinner will be on the table in 15 minutes.

**Kids and picky eaters** love this recipe. If yours aren't a fan of chimichurri, serve theirs with avocado, tomatoes or their favorite salsa.

**Omnivore's Option** – Steak is a traditional partner for chimichurri and is right at home in this bowl.

## Good To Know

**If you're making the vegan version**, we've left the queso fresco out of your chimichurri salsa. If you like your salsa creamier, add 2 Tbsp of your favorite vegan mayo.

**Health snapshot per serving** – 660 Calories, 23g Protein, 24g Fiber, 35 mg Sodium, 18 Smart Points.

**Lighten Up per serving** - 605 Calories, 22g Protein, 34 mg Sodium, 17 Smart Points with half the salsa.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Sweet Potatoes, Black Beans, Brown Rice, Onion, Queso Fresco, Red Wine Vinegar, Lime Juice, Parsley, Olive Oil, Garlic, Spices

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### 1. Getting Organized

Preheat your oven to 450 and put a saucepan of water on to boil.

### 2. Cook the Rice

Add the **Brown Rice** to the saucepan of boiling water and simmer uncovered over medium heat for 30 minutes. Drain, and then return to the saucepan. Cover and let sit 5 minutes.

*We cook our brown rice like pasta. If the water is boiling, you're good to go.*

### 3. Roast the Sweet Potatoes

While the rice is cooking, put the **Sweet Potatoes** on a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss well, then arrange in a single layer and bake until tender and golden brown, about 20 to 25 minutes.

### 4. Make the Chimichurri Salsa

While the sweet potatoes are cooking, mix the **Chimichurri Salsa** in a bowl with 3 Tbsp of olive oil. Season with salt to taste and set aside.

### 5. Cook the Black Beans

Heat 1 Tbsp olive oil in a saucepan over medium-high heat. Add the **Black Beans & Onions** and cook for 2 to 3 minutes. Add ¼ cup water and turn the heat down to a simmer. Cook for 10 to 15 minutes, mashing the beans with a fork.

Serve the rice topped with the beans, sweet potatoes and chimichurri salsa. Enjoy!

**Love this recipe? #meezmagic**

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**