

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

meezmeals

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