

Mayan Harvest Bake – adapted from Cumin restaurant

Ingredients:

Servings: 6

2 [sweet potatoes](#), washed and diced into 1/2 inch cubes

1 ripe [plantain](#), sliced

1 bunch [kale](#), cleaned, destemmed and coarsely chopped

1 (15 ounce) can organic [black beans](#), drained and rinsed or 1½ cups pre soaked and cooked black beans

1/4 cup pepitas (dried squash seeds)

1/2 cup [quinoa](#)

2 cups [vegetable broth](#)

Sauce

- 1 tablespoon [coconut oil](#) (divided)
- 1 [onion](#), chopped
- 2 -3 [garlic cloves](#)
- 1 (15 ounce) can [tomato puree](#) or 8 oz paste
- 1/4 cup [water](#)
- 1 tablespoon [dried ancho chile powder](#)
- 3 drops [liquid stevia](#) (or other sweetener of choice)
- 1 teaspoon [paprika](#)
- 1/2 teaspoon [sea salt](#)

Prep Time: 10 mins **Total Time:** 45 mins plus baking

1. 1 Preheat oven to 400 degrees.
2. 2 Toss sweet potatoes in 1/2 tablespoons oil and roast for 20 minutes in a square glass baking dish/pan, stirring once.
3. 3 While the potatoes are roasting, heat 1/2 tablespoons oil on medium high in a large skillet and saute the onion and garlic until soft and fragrant. Add tomato puree, water, and spices (chili powder, stevia, paprika, sea salt) into the skillet and let simmer for 10 minutes. The sauce should be on the thicker side, but add more water if you want to thin it out. Stir in black beans.
4. 4 Heat another skillet over medium, add chopped kale, a few tablespoons of water and a bit of sea salt. Let the kale wilt and toss for 5-7 minutes.
5. 5 Pull roasted sweet potatoes out of the oven and top with cooked kale, sliced plantains, and black bean sauce. Bake for 15-20 minutes.
6. 6 While it's baking prepare the grains by putting the quinoa, and 1 cup of liquid into a small pot. Bring mixture to a boil, then cover and let simmer for 15-20 minutes or until most of the liquid has been absorbed.
7. 7 Portion out the grains on each plate, top with the harvest bake, sprinkle with pepitas and eat immediately. Enjoy!