

The Everyday Black Bean Bake

A healthy one-pan black bean, sweet potato & quinoa dinner



PREP
15 min

COOK
55 min

TOTAL
1 hr 10 min

MAKES
6 servings

Ingredients

- 1 Tbsp olive oil, for the dish
- 1 cup uncooked white quinoa, rinsed well
- 1 (15-oz) can black beans, drained and rinsed
- 1 medium sweet potato, peeled and cut into 1/2-inch cubes (about 2 cups)
- 1 (14.5-oz) can fire-roasted diced tomatoes, with their juices
- 1 1/4 cups low-sodium vegetable broth
- 1 tsp chili powder
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/2 tsp garlic powder
- 1/2 tsp kosher salt
- 1 cup shredded cheese, optional
- Juice of 1 lime
- Avocado, cilantro, scallions, Greek yogurt, or pickled jalapeños, for serving

Directions

1. Heat the oven to 375°F. Lightly coat a 9-by-13-inch baking dish with olive oil.
2. Add the rinsed quinoa, black beans, sweet potato, fire-roasted tomatoes with their juices, broth, chili powder, cumin, smoked paprika, garlic powder, and salt. Stir well and spread evenly.
3. Cover the dish tightly with foil and bake for 40 minutes.
4. Uncover and check the quinoa and sweet potato. If the quinoa is still firm or the pan looks dry, stir in 1/4 cup more broth, cover, and bake for 10 more minutes.
5. When tender, stir, add cheese if using, and bake uncovered for 10 to 15 minutes, until melted and lightly golden.
6. Rest for 10 minutes. Finish with lime and your favorite toppings.

EVERYDAY EDIT: Cover tightly so the quinoa can steam, and do not skip the 10-minute rest before serving.