

INGREDIENTS

- 2 Sweet Potatoes
- 2 Zucchini
- 2 Bell Pepper
- 1, 14 oz can Corn
- 1, 14 oz can Black Beans
- 1 Onion
- ½ tsp Oregano
- 1 tbsp Garlic
- 1 tbsp Cumin
- Olive Oil, drizzle
- Salt and Pepper to taste

DIRECTIONS

1. Slice sweet potato into bite sized pieces. Drizzle with olive oil, salt, pepper, and place in oven for 15 minutes or until almost cooked.
2. Slice zucchini, bell pepper, onion, and set aside. Drain corn and beans.
3. When potatoes are done, combine all ingredients on the pan. Drizzle again with olive oil.
4. Add seasonings and cook for 10 minutes.
5. Remove from heat and enjoy!

Tips:

Add chickpeas or chicken for added protein.

Add cilantro, parsley or taco seasoning for flavor.

If you want fresh beans and corn, precook and use 2 cups of each.



Southwest One Pan Dinner

Dairy-Free | Gluten Free | Vegetarian | Vegan

Yield:
4 Servings

Prep Time:
15 Min

Cook Time:
25 Min