Vegetarian Soyrizo con Papas Bowls

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Prep: 10 mins | Cook: 20 mins | Total: 30 mins
Yield: 2-3 servings

Ingredients:

FOR THE BOWLS…
• 1 yam or sweet potato, chopped
• ½ head of cauliflower, chopped
• 1 onion, chopped
• 1 clove of garlic, chopped
• ½ package of soy chorizo
• 1 tablespoon olive oil

TOP WITH...
• Guacamole, recipe follows
• Shredded cheese, can substitute with vegan cheese
• Plain Greek yogurt, can omit for vegan option
• Chopped tomatoes
• Chopped cilantro
• Salsa

EASY GUACAMOLE…
• 1 large Haas avocado, mashed
• 3 tablespoons fresh salsa
• Juice of 1 lime
• Salt and pepper to taste

Instructions:
1. Chop the cauliflower and sweet potato into small, same-sized chunks. Dump them into a bowl, add ½ cup water, and cover. Microwave on high for 10-15 minutes, depending on your microwave. Both sweet potato and cauliflower should be soft.
2. While the sweet potato and cauliflower are cooking, make the guacamole. Combine all ingredients in a bowl and stir to combine.
3. Chop up your onion and garlic, and sauté with the olive oil over medium heat for about 5 minutes, until translucent.
4. Add the soy chorizo and break up with a spoon. It’s already cooked, you just want to heat it through.
5. Add your cooked sweet potato and cauliflower pieces and stir to thoroughly combine.
6. Place soy chorizo mixture in a bowl and add toppings as desired.

Notes

Vegan? Let’s do this! To veganize this veg-tastic dish, simply omit the cheese and skip any dairy-based toppings entirely! Plant-based shredded cheese makes a lovely addition as does vegan sour cream as a topping if you’d like!