

# 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!