Sweet Tahini Comfort Bowl

INGREDIENTS

- 2 pounds sweet potatoes, peeled and cut into 1/2-inch dice
- 1 tablespoons olive oil
- salt and pepper, to taste

- 1 cup pearled farrow
- 3 cups water
- 1 teaspoon salt

- 1 tablespoon olive oil
- 1 medium red onion, diced
- 1 garlic clove, minced
- 1 can black beans, drained
- 2 bunches curly kale, cut into thin ribbons
- juice from 1/2 a lemon
- 2 teaspoons sambal chili sauce, to taste or 1 teaspoon red pepper flakes
- 1/2 cup parsley, chopped
- 4 tablespoons hemp seeds
- 4 tablespoons pepitas or shelled pumpkin seeds

- 1/2 cup tahini
- 1/4 cup olive oil
- juice from 1/2 a lemon
- 1 clove garlic
- 2 tablespoon soy sauce or tamari
- 2-3 tablespoon water

DIRECTIONS

Prepare the potatoes and grains:
1. Preheat oven to 400°.
2. In a rimmed baking sheet, toss sweet potatoes with 1 tablespoon olive oil until coated. Season with salt and pepper, to taste.
3. Bake in oven for 15-20 minutes, until browned and cooked through.
4. Meanwhile, in a medium pot, bring farrow, 3 cups of water, and 1 teaspoon of salt to boil. Simmer for 20 minutes until farrow is cooked through. Drain extra water from cooked farrow and fluff with fork.

Prepare the filling:
1. In a large skillet, heat olive oil. Add the onion and garlic and cook 5-7 minutes, until soft.
2. Add the black beans and cook for 5 minutes, stirring occasionally, until heated through.
3. Remove pan from heat and stir in greens. Add lemon juice, sambal, and salt and pepper, to taste. Let greens sit while you prepare the dressing.

Prepare the dressing:
1. In a blender, combine tahini, olive oil, soy sauce, and 2 tablespoons water. Blend until smooth - adding another tablespoon of water, if needed, to make a smooth dressing.

Prepare the bowls:
1. In individual bowls, fill one-quarter with cooked farrow, one-quarter with roasted sweet potatoes, and one-half with greens and beans.
2. Sprinkle with hemp seeds, pepitas, and parsley.
3. Drizzle dressing over the top of the bowl and serve.