

# Grain Bowls

Serves 4

Adapted from [Tabitha Brown](#)



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE

## Ingredients

- 1 cup quinoa, rinsed and drained
- 2 cups vegetable broth
- 2 medium sweet potatoes, chopped, peeled if desired
- 2 bell peppers, chopped
- 1 bunch broccoli, cut into small florets
- 15-ounce can chickpeas, rinsed and drained
- olive oil
- garlic powder
- paprika
- chili powder
- salt

## Directions

1. Preheat oven to 425°F.
2. Cook quinoa according to package instructions, using broth instead of water if desired.
3. Toss each vegetable with olive oil and sprinkle all with salt and garlic powder. Toss sweet potatoes with chili powder. On separate baking sheets, roast each vegetable. It should take about 10 minutes for the bell peppers, 20 minutes for the broccoli, and 25-30 minutes for the sweet potato. The veggies are cooked once tender and lightly browned.
4. Toss chickpeas with paprika, garlic powder, and salt to taste.
5. Into 4 containers, divide the quinoa and chickpeas evenly. Add 2 of 3 veggies to each container and serve with either [arugula pesto](#) or [lemon tahini sauce](#).

## Notes

Try making this with other grains, proteins, vegetables, or sauces! The possibilities are endless.

Recipe from [Meal Prep for a Week, Fall 2021](#)

