



# SWEET POTATO & RED LENTIL BUDDHA BOWL

## • SLOW COOKER RECIPE •

1 Tbsp. olive oil

1 medium onion, small dice

1 Tbsp. **Oh! So Garlic**

1 pkg. **Savoury Southwest Salt Free Spice Blend**

½ cup red split lentils, rinsed

1 can (540 ml) chick peas, drained

2 whole sweet potatoes (about 4 cups), peeled and chopped into ½" pieces

1 can (540 ml) diced tomatoes

1 cup water

¼ cup uncooked rice

Optional toppings: sliced avocado, pumpkin seeds, cilantro, lime wedges

Heat the olive oil in a skillet over a medium heat and sauté the onions and **Oh! So Garlic** for 2 minutes; add the onion mixture to the slow cooker. Add the **Savoury Southwest Salt Free Spice Blend**, lentils, chick peas, sweet potato, diced tomatoes and water to the slow cooker. Stir, cover and cook on LOW for 8 hours or HIGH for 3 hours.

Spoon over rice and top with optional toppings, if using.

- **Oh! So Garlic**
- **Savoury Southwest Salt Free Spice Blend**