



Makes 4 bowls
Preparation Time: 25 minutes
Cook Time: 30 minutes

INGREDIENTS:

⅔ cup raw cashews
2 tablespoons nutritional yeast
¼ cup chopped fresh cilantro
½ teaspoon lime zest
1 small clove garlic
Sea salt, to taste
3 lb. baby potatoes, halved
2 tablespoons lime juice
3 teaspoons chili powder
1½ teaspoons dried Mexican oregano, crushed
Freshly ground black pepper, to taste
8 mini bell peppers, halved and seeded
1 medium onion, cut into ½-inch-thick wedges
4 fresh whole jalapeño peppers (optional)
1½ 15-oz. cans no-salt-added black beans, rinsed and drained (2¼ cups)
¼ cup low-sodium vegetable broth

Cilantro-Sauced Roasted Potato Bowls

Is there anything better than a bowl of crispy **baby potatoes** slathered in a creamy cilantro sauce? We sure don't think so. This delicious medley combines sweet onions, juicy peppers, hearty **black beans**, and Southwest spices—all to be topped off with that tangy, herbal sauce. Totally oil-free, you can enjoy this colorful recipe for any meal of the day.

Tip: When spreading the potatoes on the baking sheet, be sure to leave a little space between them for a crisp-on-the-outside, soft-on-the-inside result.

For another hearty potato-based meal, check out our healthy, comforting [roasted cabbage and potatoes recipe](#).

By Shelli McConnell

- 1** For sauce, in a bowl soak cashews in enough boiling water to cover 30 minutes; drain, reserving soaking liquid. In a blender combine cashews, ½ cup of the reserved soaking liquid, and the next four ingredients (through garlic). Cover and blend until smooth, adding up to ¼ cup more soaking liquid if needed. Season with salt.
- 2** Meanwhile, preheat oven to 425°F. Line two 15×10-inch baking pans with parchment paper. In a bowl combine potatoes, lime juice, 2 teaspoons of the chili powder, and 1 teaspoon of the oregano. Season with salt and pepper. Arrange in pans. Roast 10 minutes. Add bell peppers, onion, and, if desired, whole jalapeños next to potatoes. Roast about 25 minutes more or until vegetables are tender and starting to brown on edges, turning once.
- 3** In a small saucepan combine black beans, broth, and the remaining 1 teaspoon chili powder and ½ teaspoon oregano. Heat over medium for about 5 minutes or just until hot.
- 4** Arrange vegetables and beans in four bowls. Drizzle with sauce and sprinkle with additional cilantro. If desired, garnish with whole roasted jalapeños.