Autumn Bowls

These veggie and rice bowls are not only delicious, but they’re also cheap, easy and nutritious. It is a seasonal favorite for my friends and family and I usually the ingredients for under 20 dollars TOTAL (not including the spices and oil). It’s enough to feed one person dinner for up to 5 days and you can easily chop the vegetables ahead of time and keep them in your fridge for up to a week. It makes it easy to throw it in a pan and go!

*Image 1*

Let’s get into the recipe. First, you’ll need:

* A butternut squash
* Brussels Sprouts
* An apple
* A potato
* Onion
* Rice
* Kielbasa
* Black beans
* Oil
* Garlic powder, onion powder, rosemary, Italian seasonings, salt and pepper (Thyme is also great in this!)
* Cranberry sauce (An amazing addition, but I unfortunately ran out ☹)

If you can’t get your hands on these ingredients or don’t like some, don’t sweat it. All of these are easily replaceable, and you can make the dish according to your tastes and needs.

*Image 2*

First off, start out with preheating your oven to 350 degrees and wash your vegetables.

*Image 3*

Peel and chop your squash into bite size pieces and throw them onto a baking sheet (lining the sheet with parchment paper or tin foil makes for easy cleanup). I swear this is the hardest part of the recipe! If you don’t know how to prepare a squash, [here’s a helpful video to get you started](https://www.youtube.com/watch?v=ifmvEhQFZno).

\*Pro tip\* Microwave the squash for around 20 seconds. This will help to soften the fibers and make it easier to cut.

*Image 3*

Next, chop your brussels sprouts. I usually cut the bottom of first and cut in half.

*Image 4*

Then add some onion. It does not matter what kind of onion! I usually cut into strips, but cut how you like.

*Image 5*

Next, cut your kielbasa. I like to cut in circles and then halves.

*Image 6*

Cut your apples. I like to use honey crisp, but again, any kind works.

*Image 7*

Cut your potato. You can also use baby potatoes, sweet potato, Yukon golds, whatever is easiest for you!

*Image 8*

Once you’re done chopping, your pan should look something like this.

*Image 9*

Cover the veggies in spices and add some oil. Mix them up with your hands to distribute the flavors.

*Image 10*

Stick the pan in the oven for around 45 minutes. Cooking the vegetables low and slow lets them to soften and take in the flavors. Don’t undercook. Trust me, it’s not worth it.

*Image 11*

Prepare your rice according to package instructions. Make sure to add some of your spices and a little bit of oil into the water to allow for a consistency of flavor throughout the dish.

*Image 12*

Once your rice and vegetables are done, assemble your bowl! Usually the beans warm up with the heat of the other ingredients, but if you wish, feel free to warm them up. This is the perfect time to add your cranberry sauce.

THEN DIG IN!

Let me know what you think