



Sweet Potato Chowder

 Yield: 4 people

Prep Time: 10 mins *Cook Time:* 45 mins *Total Time:* 55 mins

This sweet potato chowder is a hug in a bowl! Made with lots of greens and crunchy pancetta and pepitas for topping, it's a perfect weeknight meal.

★★★★★ 4.98 from 709 votes [Leave a Review »](#)

Ingredients

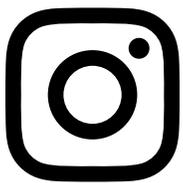
- 4 ounces pancetta, diced
- 1 tablespoon unsalted butter
- 1 sweet onion, diced
- 3 garlic cloves, minced
- ½ teaspoon salt
- ½ teaspoon pepper
- ¼ teaspoon ground sage
- ¼ teaspoon freshly ground nutmeg
- ½ cup chopped carrots
- 3 cups chopped sweet potato, about 1 inch in size
- 5 cups reduced-sodium chicken stock
- ⅓ cup cream, half and half or coconut cream/milk
- 2 cups chopped tuscan kale
- 3 tablespoons roasted salted pepitas, for topping

Instructions

Heat a large pot over medium-low heat and add the pancetta. Cook, stirring occasionally, until the fat is rendered and the pancetta is crisp, about 6 to 8 minutes. Remove the pancetta with a slotted spoon and place it on a paper towel lined plate to remove any excess grease.

- 2 Keep the pot on medium low heat and add the butter. Stir in the onion, garlic, salt, pepper and sage. Stir in the fresh nutmeg. Cook, stirring occasionally, until the onions softened, about 5 minutes. Stir in the carrots and sweet potato, tossing everything to combine.
- 3 Pour in the chicken stock and bring the mixture to a boil. Reduce it to a simmer and cook for 10 minutes. Cover and cook for an additional 10 to 15 minutes, or until the sweet potatoes cubes soften. Stir in the cream/halfhalf/etc. Taste the soup and season with additional salt or pepper if needed, but remember we will add the salty pancetta back on top too!
- 4 A few minutes before serving, stir in the kale. I like to serve it almost immediately, but you can simmer the soup for another 10 minutes or so to soften it.
- 5 Serve with the pancetta and pepitas for topping.

Course: Soup *Cuisine:* American *Author:* How Sweet Eats



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Spicy Mango & Avocado Rice Bowl

Recipe type: main dish

Serves: about 4

Ingredients

- 2 cups cooked black forbidden rice, or other grain
- 1 14 oz. package extra firm tofu
- drizzle of olive oil
- drizzle of tamari
- 1 mango, cubed
- 1 scallion, sliced
- 1 cup shredded red cabbage
- a few radishes, thinly sliced
- ½ cup chopped cucumber
- 1 avocado, pitted and diced
- lime slices
- handful of chopped cilantro (or basil or mint)

coconut peanut sauce:

- ½ cup coconut milk (full fat or light, from a can or box)
- 2 tablespoons peanut butter
- 2 teaspoon soy sauce
- 2 teaspoons lime juice
- 1 teaspoon sriracha
- optional - minced garlic and/or ginger

Instructions

1. Cook black rice as you would brown rice (I use a rice cooker). Ratio is 1 cup rice to 2 cups water.
2. Preheat oven to 400 degrees F and prepare a baking sheet with parchment paper.
3. Pat tofu dry, slice into cubes and toss with drizzle of olive oil and tamari. Arrange on baking sheet and bake until golden brown around the edges. About 20-25 minutes. Remove from oven and toss with a little sriracha to coat the outside of the tofu.
4. While your tofu bakes, mix together the sauce ingredients. (I do this in a jar with a tight lid - shake until combined). Taste and adjust seasonings.
5. Assemble bowls with mango, scallions, shredded red cabbage, radishes, cucumber, avocado cilantro and tofu. Serve with coconut sauce, extra sriracha and lime slices.

Notes

Store leftovers in an air tight container in the refrigerator. If you're planning on storing longer than 1 day, keep your avocado separate and dice it as you're ready to eat. (Avocado storage tip: keep sliced-open avocados in a sealed plastic bag with a chunk of onion - it should last 2-3 days).

Store sauce separately in the fridge - if it firms up overnight, stir in a little water to thin it out.

Recipe by Love and Lemons at <https://www.loveandlemons.com/spicy-mango-avocado-rice-bowl/>



Ginger Stir-Fry Beef With Green Beans

In just 30 minutes, make an easy, saucy stir-fry that's dinner ready.

By **Jenna Helwig** | Updated on October 20, 2022

Prep Time: 30 mins

Total Time: 30 mins

Servings: 4

Ingredients

- 1 cup long-grain white rice
- 1 pound flank steak, thinly sliced against the grain
- 1 tablespoon cornstarch
- 3 tablespoons lower-sodium soy sauce, divided
- 3 tablespoons chili-garlic sauce (such as sambal oelek)
- 1 tablespoon sesame oil
- 4 scallions
- 3 tablespoons canola oil
- 1 2-inch piece fresh ginger, peeled and cut into thin matchsticks
- 12 ounces trimmed green beans
- 2 tablespoons toasted sesame seeds

Directions

Step 1

Cook rice according to package directions. Remove from heat and let stand, covered, for 5 minutes.

Step 2

Meanwhile, toss steak, cornstarch, and 1 tablespoon soy sauce in a medium bowl until steak is evenly coated. Combine chili-garlic sauce, sesame oil, and remaining 2 tablespoons soy sauce in a small bowl. Roughly chop scallion whites and thinly slice dark green scallion tops.

Step 3

Heat canola oil in a large wok or skillet over high. Add steak mixture in a single layer; cook, undisturbed, for 1 minute. Stir once and cook, undisturbed, for 1 minute. Add ginger and scallion

whites; cook, stirring often, until steak is well browned, about 2 minutes.

Step 4

Push steak to sides of pan, creating room in middle, and add beans. Cook, undisturbed, for 1 minute. Continue to cook, stirring occasionally, until beans are barely tender, 3 to 5 minutes. Add soy sauce mixture; cook, stirring often, until steak and vegetables are well coated, about 1 minute. Serve with rice, topped with sliced scallion greens and sesame seeds.

Nutrition Facts

Per serving: 472 calories; total fat 25g; saturated fat 5g; cholesterol 90mg; sodium 936mg; total carbohydrate 25g; dietary fiber 4g; total sugars 4g; protein 36g; vitamin c 19mg; calcium 127mg; iron 4mg; potassium 678mg

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Chicken Fajita Tacos

Easy sheet-pan tacos with smoky spices and tender roasted vegetables

Ingredients

For the Chicken & Vegetables

Nonstick cooking spray
2 Tbsp olive oil
1 Tbsp chili powder
1 Tbsp ground cumin
1 tsp garlic powder
1 tsp smoked paprika
3/4 tsp kosher salt
1/8 tsp cayenne pepper
1 1/2 lb boneless, skinless chicken breasts, cut into 1/2-inch strips
1 medium white onion, halved and sliced
1 medium red bell pepper, cut into 1/4-inch strips
1 medium yellow bell pepper, cut into 1/4-inch strips
1 large or 2 medium poblano chiles, cut into thin strips

For Serving

16 6-inch corn or flour tortillas, warmed
Guacamole
Salsa
Sour cream
Pico de gallo
Fresh cilantro leaves
Lime wedges

Instructions

1. Preheat oven to 425°F. Line an 18×13-inch baking pan with parchment or foil and lightly coat with nonstick spray.
2. In a large bowl, stir together olive oil, chili powder, cumin, garlic powder, smoked paprika, salt, and cayenne.
3. Add chicken, onion, bell peppers, and poblano chiles. Toss until evenly coated.
4. Spread mixture evenly on the prepared pan. Roast for 20–25 minutes, stirring once halfway through, until chicken reaches 165°F and vegetables are tender.
5. Spoon into warm tortillas, add desired toppings, and finish with a squeeze of lime.

Roasted Salmon With Jalapeño, Honey and Lime

By Lidey Heuck



Christopher Testani for The New York Times. Food Stylist: Simon Andrews.

Total Time 25 minutes

Rating ★★★★★ (1,653)

This is speedy weeknight salmon with a kick, thanks to sliced jalapeño, which flavors the honey glaze and cooks alongside the salmon. The chiles caramelize as they roast, becoming spicy and sweet. If you want to reduce the heat slightly, use two jalapeños instead of three. Serve with steamed white or brown rice, spooning the extra glaze over the salmon and rice.

INGREDIENTS

Yield: 4 servings

- ¼ cup honey
- 3 medium jalapeños, thinly sliced crosswise into rings
- 2 tablespoons apple cider vinegar or rice wine vinegar
- 1 tablespoon soy sauce or tamari
- 4 (6-ounce) skin-on salmon fillets, about 1-inch thick
- Olive oil, for brushing
- Kosher salt, to taste
- ½ lime, for serving
- Chopped fresh cilantro, for serving (optional)

PREPARATION

Step 1

Heat the oven to 400 degrees. While the oven heats, combine the honey, jalapeños, vinegar and soy sauce in a small saucepan. Bring to a boil, then turn the heat to low and simmer for 10 minutes. Set aside.

Step 2

Pat the salmon fillets dry using paper towels. Brush a 9-by-9-inch baking pan (or other similar-size baking pan or dish) with olive oil, then place the fillets in the pan, arranging them evenly without crowding. Brush the fillets generously with olive oil and sprinkle with salt. Pour the glaze and jalapeños over the salmon, spooning some of the glaze onto the fish as it collects in the bottom of the pan.

Step 3

Steamed rice, for serving

Roast the salmon for 6 minutes, then baste with the glaze. Return to the oven and roast until the salmon is cooked through but still slightly rare in the center, another 6 to 8 minutes.

Step 4

Spoon the glaze in the pan over the salmon, then squeeze the lime over the salmon, and sprinkle with salt and cilantro, if using. Serve hot with rice on the side, pouring any glaze that remains in the pan over the rice.

Private Notes

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