

## Grilled Ital Rasta Bowl

### Ingredients:

**Serves 8**

#### Pickled Shallots:

¾ cup water  
2 shallots thinly sliced  
1 cup white vinegar  
½ tsp black pepper  
¼ cup chopped cilantro

#### Marinade:

½ cup chopped green onion  
1 tsp ground allspice  
1 scotch bonnet pepper  
6 cloves garlic  
1 inch fresh ginger, chopped  
2 limes, juiced  
¾ tsp salt  
1 tsp sugar  
1 tsp fresh thyme  
¼ tsp ground cinnamon

#### BBQ Sauce:

4 Tbs oil  
6 oz tomato paste  
1 ½ cups low sodium vegetable stock

#### Rasta Vegetables:

1 green bell pepper, sliced  
1 red bell pepper, sliced  
1 yellow bell pepper, sliced  
1 large sweet potato, diced  
2 zucchini  
2 ripe plantains

#### Coconut Rice:

3 Tbs oil  
1 onion chopped  
2 cups dry, brown, basmati rice  
13 oz unsweetened coconut milk  
2 cups low sodium vegetable stock  
1 tsp fresh thyme  
1 tsp ground allspice  
½ black pepper

### Directions:

1. Bring a small pot of water to a boil. Add shallots, vinegar and black pepper.
2. Boil for 5 minutes then set aside.
3. To a blender add all marinade ingredients and blend until smooth adding water if needed. Set ½ cup aside to use when serving.
4. On a baking sheet add the green bell pepper, yellow bell pepper, red bell pepper, sweet potato, zucchini and marinade. Wrap and set to the side for 20 minutes.
5. While that marinades, begin cooking the rice. To a large pot add oil and sauté onions for 1 minute. Add the rice, coconut milk, stock, thyme, allspice, and black pepper. Bring to a boil and simmer for 15-20 minutes.
6. Preheat a grill to 400 F and begin grilling the marinated vegetables. When they are almost ready brush the plantains with oil and grill alongside other veggies for the last 5 minutes.
7. In a separate skillet over medium heat, add 2 Tbs oil and tomato paste and cook for 2 minutes constantly stirring. Add the remaining ½ cup marinade and vegetable stock and bring to a simmer and cook for 2 minutes or until sauce is thickened.
8. Fluff rice before serving, top with veggies, pickled shallots, sauce and chopped cilantro. Enjoy.



\*SOY FREE



\*VEGAN



## Nutrition Facts

8 servings per container  
Serving size 1.5 cups

Amount per serving  
**Calories 390**

	% Daily Value*
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 69g	<b>25%</b>
Dietary Fiber 8g	29%
Total Sugars 19g	
Includes 1g Added Sugars	2%

<b>Protein</b> 7g	
Vitamin D 0.5mcg	2%
Calcium 70mg	6%
Iron 2.4mg	15%
Potassium 780mg	15%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.