



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

INGREDIENTS:

1 tablespoon pure maple syrup
¼ teaspoon ground cumin
Pinch of cayenne pepper
¼ cup sliced almonds
8 oz. Brussels sprouts, trimmed and halved
8 oz. whole button or cremini mushrooms, halved if large
4 medium shallots, quartered
1 tablespoon cider vinegar
2 lb. russet potatoes, peeled and cut into 1-inch chunks
4 cloves garlic
½ cup unsweetened, unflavored plant-based milk
¼ cup chopped fresh chives
Freshly ground black pepper, to taste
1 cup Queso sauce, warmed

Roasted Veggie Bowls with Garlic Mashed Potatoes

What happens when you combine creamy garlic mashed potatoes, savory roasted veggies, and a rich [vegan queso sauce](#)? You create the ultimate bowl of healthy comfort food. This satisfying recipe starts with roasting [Brussels sprouts](#), [mushrooms](#), and shallots until they're sweet and tender, then topping them with spicy-sweet slivered almonds. This winning combo would be incredible on its own, but to up the tastiness the veggie medley is spooned over a velvety potato mash and topped with a generous drizzle of plant-based queso sauce. Talk about decadence! These hearty bowls are ideal for whipping up on cold winter nights when you want a meal that tastes indulgent without the unhealthy ingredients.

For more veggie bowl recipes, check out these tasty ideas:

- [Southwest Salad Bowls with Quick Mango Salsa](#)
- [Vegan Korean BBQ Bowls with Shishito Peppers](#)
- [BBQ Jackfruit Bowls with Texas Toast](#)
- [Pesto Grain Bowl with Grilled Vegetables](#)

By Shelli McConnell

- 1 Preheat oven to 400°F. In a small skillet combine maple syrup, cumin, and cayenne pepper. Stir in almonds to coat. Cook over medium-low 4 minutes, stirring constantly. (Watch carefully, as the almonds can burn easily.) Spread almonds on parchment paper; let cool.
- 2 Line a large rimmed baking sheet with parchment paper. Spread Brussels sprouts, mushrooms, and shallots on baking sheet. Drizzle with vinegar. Roast 20 to 30 minutes or until tender and lightly browned.
- 3 Meanwhile, in a large saucepan combine potatoes and garlic. Add enough cold water to cover. Bring to boiling; reduce heat. Cover and simmer 15 to 20 minutes or until very tender. Drain; return potatoes and garlic to pan. Mash to desired consistency. Stir in plant milk, chives, and black pepper.
- 4 Spoon mashed potatoes into bowls. Top with roasted vegetables. Drizzle with [Queso sauce](#). Sprinkle with almonds and, if desired, additional chives.