

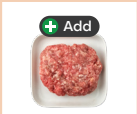


# Sweet Pepper and Black Bean Taquitos

## with Monterey Jack Cheese and Fresh Salad

Veggie

30 Minutes



Ground Beef  
250 g | 500 g

Customized Protein **+** Add **↻** Swap or **×2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Black Beans  
1 | 2



Flour Tortillas  
6 | 12



Sweet Bell Pepper  
1 | 2



Baby Tomatoes  
113 g | 227 g



Yellow Onion  
1 | 2



Spring Mix  
56 g | 113 g



Monterey Jack Cheese, shredded  
1 cup | 2 cup



Sour Cream  
1 | 2



Tomato Sauce Base  
2 tbsp | 4 tbsp



Chipotle Sauce  
2 tbsp | 4 tbsp



Enchilada Spice Blend  
1 tbsp | 2 tbsp



Seasoned Rice Vinegar  
1 tbsp | 2 tbsp

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

**Pantry items** | Sugar, oil, pepper, salt

**Cooking utensils** | Baking sheet, large bowl, large non-stick pan, measuring spoons, parchment paper, silicone brush, strainer

1



## Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Core, then cut **pepper** into ¼-inch pieces.
- Peel, then cut **onion** into ¼-inch pieces.
- Halve **tomatoes**.

2



## Cook veggies and prep beans

**+ Add | Ground Beef**

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, **onions** and **three-quarters of the peppers**.
- Cook, stirring occasionally, until softened and golden, 5-6 min.
- Meanwhile, using a strainer, drain and rinse **black beans**. Add **black beans** to a large bowl, then, using the back of a fork, lightly mash until they just burst.

3



## Finish taquito filling

- Add **Enchilada Spice Blend** to the pan with **veggies**. Cook, stirring often, until fragrant, 30 sec.
- Remove the pan from heat. Add **tomato sauce base**, **chipotle sauce** and **black beans**.
- Season with **salt** and **pepper**, then stir to combine.

4



## Assemble and bake taquitos

- Arrange **tortillas** on a clean surface.
- Using a spoon, divide **bean mixture** down the middle of **each tortilla**.
- Sprinkle **half the cheese** over top.
- Roll **tortillas** tightly over **filling**, then arrange them on a parchment-lined baking sheet, seam-side down.
- Brush **taquitos** with **1 tsp** (2 tsp) **oil**, then sprinkle **remaining cheese** over top.
- Bake in the **middle** of the oven until golden-brown, 7-10 min.

5



## Prep salad dressing

- Meanwhile, add **vinegar**, **1 tbsp** (2 tbsp) **oil**, and **¼ tsp** (½ tsp) **sugar** to the same bowl used to mash **black beans**.
- Season with **salt** and **pepper**, then stir to combine.

6



## Finish and serve

- Add **tomatoes**, **spring mix** and **remaining peppers** to the bowl with **dressing**. Toss to coat.
- Divide **taquitos** and **salad** between plates.
- Top **taquitos** with **sour cream**.

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

## 2 | Cook veggies and beef

**+ Add | Ground Beef**

If you've opted to add **beef**, when the pan is hot, add **beef** along with **onion** and **peppers**. Season with **salt** and **pepper**. Cook, breaking up **beef** and stirring often, until **vegetables** have softened and **beef** is cooked through, 4-6 min\*\*. Follow the rest of the recipe as written.

\*\* Cook to a minimum internal temperature of 74°C/165°F.