



# MEXICAN BEEF BURRITO BOWL

with Brown Rice and Sweet Red Pepper Salsa



HELLO

## RED PEPPER SALSA

We're switching things up from the classic tomato salsa

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 798



Beef Strips



Sprouted Brown Rice



Black Beans



Red Bell Pepper



Cilantro



Tomato Paste



Mexican Seasoning



Vegetable Broth Concentrate



Corn Kernels



Sour Cream



Lime



Red Onion, chopped

## BUST OUT

- Small Pot
- Measuring Spoons
- Measuring Cups
- 2 Small Bowls
- Strainer
- Salt and Pepper
- Zester
- Olive or Canola oil
- Large Non-Stick Pan

## INGREDIENTS

2-person | 4-person

- |                               |                   |                   |
|-------------------------------|-------------------|-------------------|
| • Beef Strips                 | 1 pkg             | 2 pkg             |
| • Sprouted Brown Rice         | 1 pkg<br>(½ cup)  | 2 pkg<br>(1 cup)  |
| • Black Beans                 | 1 can             | 2 can             |
| • Red Bell Pepper             | 230 g             | 460 g             |
| • Cilantro                    | 1 pkg<br>(10 g)   | 1 pkg<br>(10 g)   |
| • Tomato Paste                | 1 pkg<br>(1 tbsp) | 2 pkg<br>(2 tbsp) |
| • Mexican Seasoning           | 1 pkg<br>(2 tbsp) | 2 pkg<br>(4 tbsp) |
| • Vegetable Broth Concentrate | 1                 | 2                 |
| • Corn Kernels                | 1 pkg<br>(113 g)  | 2 pkg<br>(227 g)  |
| • Sour Cream 2                | 1 pkg<br>(3 tbsp) | 2 pkg<br>(6 tbsp) |
| • Lime                        | 1                 | 2                 |
| • Red Onion, chopped          | 1 pkg<br>(56 g)   | 2 pkg<br>(113 g)  |

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- |                        |                      |
|------------------------|----------------------|
| 0 Seafood/Fruit de Mer | 5 Tree Nut/Noix      |
| 1 Wheat/Blé            | 6 Mustard/Moutarde   |
| 2 Milk/Lait            | 7 Peanut/Cacahuète   |
| 3 Egg/Oeuf             | 8 Sesame/Sésame      |
| 4 Soy/Soja             | 9 Sulphites/Sulfites |

\*Laver et sécher tous les aliments.

## START STRONG

If you've got some extra time on your hands, turn your salsa into a roasted red pepper salsa by by tossing the chopped peppers and onions with a drizzle of oil on a baking sheet. Roast in a 400°F oven for 10 min, then stir with the tomato paste and water.



### 1 COOK RICE

In a small pot, combine the **rice** and **1¼ cups salted water** (double for 4 people). Bring it to a boil over high heat, then reduce the heat to medium-low. Cover with a lid and simmer until the rice is tender, 25-28 min. (Drain when the rice is cooked through, and return to the pot.)



### 4 COOK BEEF

Pat the **beef strips** dry with paper towels. Season with **salt and pepper**. Heat the same pan over medium-high heat. Add a drizzle of **oil**, then **half the beef**. Sprinkle with **half the Mexican Seasoning**. Cook until golden-brown, 1-2 min per side. Repeat with the **remaining beef** and **remaining Mexican Seasoning**.



### 2 PREP

Meanwhile, **wash and dry all produce.\*** Drain and rinse the **beans**. Core, then cut the **bell pepper(s)** into ½-inch pieces. Roughly chop the **cilantro**. Zest and juice **half the lime** (1 lime for 4 people). Cut the **remaining lime** into wedges.



### 5 FINISH RICE

Stir the **broth concentrate(s)**, **corn** and **beans** into the **drained rice**. In a small bowl, stir together the **lime zest**, **lime juice** and **sour cream**. Season with **salt and pepper**.



### 3 COOK VEGGIES

Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **bell peppers** and **onions**. Cook, stirring often, until the peppers are tender-crisp, 4-5 min. Stir in the **tomato paste** and **2 tbsp water** (double for 4 people). Season with **salt and pepper**. Transfer to a small bowl and cover to keep warm.



### 6 FINISH AND SERVE

Divide the **rice, beef** and **red pepper salsa** between bowls. Top with a sprinkle of **cilantro** and a dollop of **crema**. Squeeze over a **lime wedge**, if desired.

## TRY IT OUT!

This bowl would be delicious as a real burrito – simply wrap it up in a flour tortilla!