



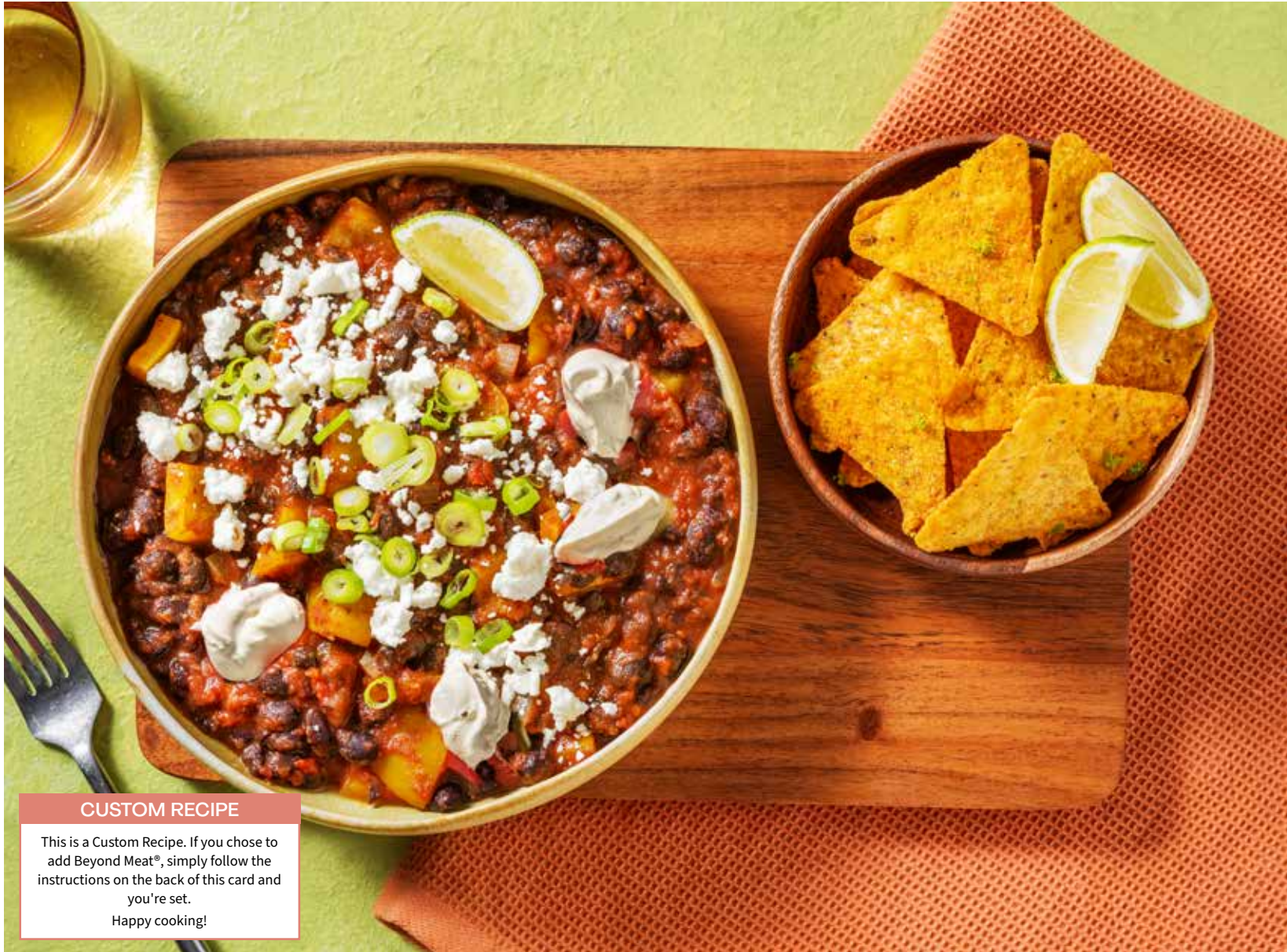
Mexican-Style Black Bean Stew

with Lime Crema and Zesty Tortilla Chips

Veggie 30 Minutes



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CUSTOM RECIPE
This is a Custom Recipe. If you chose to add Beyond Meat®, simply follow the instructions on the back of this card and you're set.
Happy cooking!

-  Black Beans
-  Beyond Meat®
-  Tortilla Chips
-  Sweet Bell Pepper
-  Yellow Onion
-  Lime
-  Green Onion
-  Feta Cheese, crumbled
-  Crushed Tomatoes with Garlic and Onion
-  Chipotle Sauce
-  Sour Cream
-  Enchilada Spice Blend

HELLO ENCHILADA SPICE BLEND

This savoury blend combines warming spices with aromatic onion and garlic!

Start here

- Before starting, preheat the oven to 400°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Baking sheet, measuring spoons, zester, parchment paper, small bowl, large pot

Ingredients

	2 Person	4 Person
Black Beans	1	2
Beyond Meat®	2	4
Tortilla Chips	85 g	170 g
Sweet Bell Pepper	160 g	320 g
Yellow Onion	113 g	226 g
Lime	1	2
Green Onion	2	4
Feta Cheese, crumbled	½ cup	1 cup
Crushed Tomatoes with Garlic and Onion	1	2
Chipotle Sauce	4 tbsp	8 tbsp
Sour Cream	3 tbsp	6 tbsp
Enchilada Spice Blend	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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

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.



Prep

- Peel, then cut **onion** into ¼-inch pieces.
- Core, then cut **pepper** into ¼-inch pieces.
- Thinly slice **green onions**.
- Zest, then juice **half the lime**. Cut **remaining lime** into wedges.



Make lime crema

- While **stew** simmers, add **half the lime zest**, **lime juice** and **sour cream** to a small bowl. Season with **salt** and **pepper**, then stir to combine.



Start stew

- Heat a large pot over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **onions**, **peppers** and **Enchilada Spice Blend**. Season with **salt** and **pepper**.
- Cook, stirring often, until **veggies** soften slightly, 2-3 min.

If you've opted to add **Beyond Meat®**, heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **Beyond Meat® patties**. Cook, breaking up **patties** into bite-sized pieces, until crispy, 5-6 min. ** Season with **salt** and **pepper**.



Bake chips

- Arrange **tortilla chips** in an even layer on a parchment-lined baking sheet, then drizzle with ½ **tbsp** (1 **tbsp**) **oil**.
- Bake in the **middle** of the oven until lightly toasted and crispy, 2-3 min. (**TIP**: Keep an eye on chips so they don't burn!)
- While **chips** are still warm, season with **remaining lime zest** and **salt**, to taste.



Finish stew

- Stir in **crushed tomatoes**, **chipotle sauce** and **black beans** with their **canning liquid**. Season with **salt** and **pepper**. Bring to a simmer.
- Once simmering, reduce heat to medium. Cook uncovered, stirring occasionally, until **liquid** reduces slightly, 8-10 min.

Add **Beyond Meat®** to the pot with **other stew ingredients**. Proceed with remaining instructions as written.



Finish and serve

- Divide **stew** between bowls. Dollop **lime crema** over top.
- Sprinkle with **feta** and **green onions**.
- Serve **tortilla chips** alongside.
- Squeeze a **lime wedge** over top, if desired.

Dinner Solved!



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