



One-Pot Mexican-Style Quinoa and Black Beans

with Lime Crema

Veggie Spicy 30 Minutes



-  Black Beans
-  Poblano Pepper
-  Yellow Onion
-  Mexican Seasoning
-  Canned Corn
-  Crushed Tomatoes with Garlic and Onion
-  White Quinoa
-  Lime
-  Sour Cream
-  Vegetable Broth Concentrate
-  Cheddar Cheese, shredded

HELLO BLACK BEANS

These beans contain as many antioxidants as blueberries and Brussels sprouts!

Start here

Before starting, wash and dry all produce.

Bust out

Strainer, small bowl, large pot, zester, measuring spoons, measuring cups

Ingredients

	2 Person	4 Person
Black Beans	370 ml	740 ml
Poblano Pepper 🌶️	160 g	320 g
Yellow Onion	56 g	113 g
Mexican Seasoning	1 tbsp	2 tbsp
Canned Corn	½ can	1 can
Crushed Tomatoes with Garlic and Onion	370 ml	740 ml
White Quinoa	½ cup	1 cup
Lime	1	1
Sour Cream	6 tbsp	12 tbsp
Vegetable Broth Concentrate	1	2
Cheddar Cheese, shredded	½ cup	1 cup
Oil*		
Salt and Pepper*		

* Pantry items

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.

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1 Prep

Drain and rinse **beans**. Drain and rinse **corn**. Core, then cut **poblano** into ½ -inch pieces, removing seeds for less heat. (**NOTE:** We suggest using gloves when prepping poblanos!) Peel, then cut **half the onion** into ½-inch pieces (whole onion for 4 ppl).



2 Cook aromatics

Heat a large pot over medium heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **onions**, **poblanos** and **Mexican Seasoning**. Cook, stirring often, until softened, 3-4 min.



3 Cook quinoa

Add **half the corn** (use all for 4 ppl), **broth concentrate**, **crushed tomatoes**, **beans**, **quinoa** and **1 ½ cups water** (dbl for 4 ppl) to the pot with **aromatics**. Bring to a boil over high. Once boiling, reduce heat to medium-low. Cover and simmer, stirring occasionally, until **sauce** thickens slightly and **quinoa** is tender, 16-18 min. Season with **salt** and **pepper**.



4 Prep and make crema

While **quinoa** simmers, zest, then cut **lime** into wedges. Add **sour cream** and **lime zest** to a small bowl. Season with **salt** and **pepper**, then stir to combine.



5 Finish and serve

When **quinoa** is done, stir in **cheese** and season with **salt** and **pepper**. Divide **quinoa** between bowls, then dollop **lime crema** over top. Squeeze over a **lime wedge**, if desired.

Dinner Solved!