



CHICKEN SAUSAGE AND PEPPER BOWL - DINNER

SOUTHWEST ROLL-UP - LUNCH



COOK IT ONCE, EAT IT TWICE

Tonight's dinner extras transform into tomorrow's lunch.

DINNER	TOTAL: 35 MIN	CALORIES: 770
LUNCH	TOTAL: 10 MIN	CALORIES: 760

INGREDIENTS FOR: 2-person | 4-person

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|---|---|--|--|---|---|--|--|
| 
Red Onion
1 2 | 
Carrot
1 2 | 
Cilantro
¼ oz ½ oz | 
Jasmine Rice
¾ Cup 1½ Cups | 
Black Beans
13.4 oz 26.8 oz | 
Italian Chicken Sausage Mix
18 oz 27 oz | 
Hot Sauce
3 tsp 4 tsp | 
Turmeric
1 tsp 1 tsp |
| 
Green Bell Pepper
1 2 | 
Lime
1 2 | 
Chicken Stock Concentrates
2 4 | 
Peas
4 oz 8 oz | 
Sour Cream
6 TBSP 10 TBSP
(Contains: Milk) | 
Blackening Spice
2 TBSP 4 TBSP | 
Flour Tortillas
2 2
(Contains: Wheat) | |

BUST OUT

• Peeler • Zester • Medium pot • Small pot • Potato masher • Small bowl • Large pan • Large bowl
• 2 Reusable containers • Vegetable oil (4 tsp | 8 tsp) • Butter (2 TBSP | 4 TBSP) (Contains: Milk)

Chicken Sausage is fully cooked when internal temperature reaches 165 degrees.



DINNER



1 PREP

Wash and dry all produce. Peel and halve **carrot** lengthwise; cut crosswise into half-moons. Halve, peel, and thinly slice **onion**; mince a few slices until you have 3 TBSP. Core, deseed, and thinly slice **bell pepper**. Zest **lime** until you have 1 tsp; quarter lime. Finely chop **cilantro** leaves and stems.



2 COOK RICE

Melt **1 TBSP butter** in a medium pot over medium-high heat. Add **carrot, minced onion,** and $\frac{1}{2}$ **tsp turmeric** (we sent more). Cook until fragrant, 1-2 minutes. Add **1 $\frac{1}{4}$ cups water, 1 stock concentrate,** and a large pinch of **salt**. Bring to a boil, then stir in **rice**. Cover, reduce heat to low, and cook until tender, about 15 minutes. Turn off heat. Stir in **peas** and half the **cilantro**. Season with **salt** and **pepper**. Keep covered until ready to serve.



3 HEAT BEANS AND MAKE CREMA

Add **beans** (and any liquid) to a small pot. Bring to a boil, then reduce heat to low and stir in **1 TBSP butter, 2 tsp Blackening Spice,** and a pinch of **salt** and **pepper**. Using a potato masher or fork, mash about half the beans. Keep covered until ready to serve. In a small bowl, combine **1 packet sour cream, lime zest,** and juice from **2 lime wedges**. Season with salt and pepper.



4 COOK VEGGIES AND SAUSAGE

Heat a large drizzle of **oil** in a large pan over medium-high heat. Add **sliced onion, bell pepper,** and a pinch of **salt** and **pepper**. Cook, stirring, until softened and slightly charred, 6-8 minutes. Transfer to a large bowl. Heat another large drizzle of **oil** in same pan over medium-high heat. Add **sausage** and remaining **Blackening Spice**. Cook, breaking up meat with a spoon, until cooked through, 5-7 minutes.



5 FINISH DINNER

Add **veggies,** remaining **stock concentrate,** and $\frac{1}{2}$ **cup water** to pan with **sausage**. Simmer until slightly reduced, 1-2 minutes. Fluff **rice** with a fork. Set aside a third of the rice, a third of the **beans,** and half the sausage mixture for lunch. Divide remaining rice, beans, and sausage mixture between plates. Top with **lime crema,** remaining **cilantro,** and, if desired, **1 tsp hot sauce**. Serve remaining **lime wedges** on the side for squeezing over.

LUNCH



6 MAKE LUNCH

Divide reserved **rice, beans,** and **sausage mixture** between reusable containers. Pack **tortillas,** remaining **sour cream,** and remaining **hot sauce** on the side. When ready to eat, microwave rice, beans, and sausage mixture on high until warm. Wrap in tortillas and serve with sour cream and hot sauce on the side.