



# SWEET POTATO, BEAN & BEEF POWER BOWLS

with Mexican Cheese Blend & Sour Cream

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Sweet Potato



1 tsp | 2 tsp  
Cumin



1 TBSP | 2 TBSP  
Fry Seasoning



1 | 2  
Black Beans



2 Cloves | 4 Cloves  
Garlic



10 oz | 20 oz  
Ground Beef\*\*



½ Cup | 1 Cup  
Mexican Cheese Blend  
Contains: Milk



1½ TBSP | 3 TBSP  
Sour Cream  
Contains: Milk



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!

\*\*In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.

HELLO

### FRY SEASONING

A blend of garlic, onion, and paprika adds rich, savory flavor.



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 860



## SO IM-PRESSED

If you press the beef into an even layer and let it cook undisturbed for a few minutes in the hot pan before breaking it up, you'll be rewarded with delicious browned, crispy edges that add lots of flavor to your dish.

## BUST OUT

- Baking sheet
- Large pan
- Strainer
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)

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### 1 START PREP & ROAST POTATOES

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Dice **sweet potato** into ½-inch pieces.
- Toss on a baking sheet with a **drizzle of oil, half the cumin, half the Fry Seasoning (you'll use the rest in Step 3), salt, and pepper.** Roast on top rack until browned and tender, 18-20 minutes.



### 3 COOK BEEF

- Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. **TIP: For perfect timing, start this step when sweet potatoes have 10 minutes left!**
- Add **beef\***, **remaining cumin, remaining Fry Seasoning, salt, and pepper.** Cook, breaking up meat into pieces, until browned and cooked through, 4-5 minutes. **TIP: If there's excess grease in your pan, carefully pour it out.**
- Add **beans and garlic.** Cook, stirring, until beans are warmed through and garlic is fragrant, 1-2 minutes more.



### 2 FINISH PREP

- While sweet potato roasts, drain and rinse **beans.** Peel and mince or grate **garlic.**



### 4 SERVE

- Divide **roasted sweet potato and beef and beans** between shallow bowls in separate sections. Top with **Mexican cheese blend** and a dollop of **sour cream.** Serve. **TIP: Add a dash of your favorite hot sauce, if desired!**

\*Ground Beef is fully cooked when internal temperature reaches 160°.