



BLACK BEAN & POBLANO FLAUTAS

with Guacamole & Pico de Gallo



HELLO FLAUTAS

Also known as *taquitos*, these rolled tacos are pan-fried for a crispy, golden-brown exterior.

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 970**



Black Beans



Southwest Spice Blend



Flour Tortillas
(Contains: Wheat)



Guacamole



Roma Tomato



Hot Sauce



Pepper Jack Cheese
(Contains: Milk)



Poblano Pepper



Lime



Sour Cream
(Contains: Milk)



Red Onion



Scallions

START STRONG

To make sure your flautas stay intact after assembling them in step 4, try securing each with a toothpick. Weave it into the seam sides like you would a safety pin. Just be sure to remove before eating!

BUST OUT

- Strainer
- Potato masher
- 2 Small bowls
- Kosher salt
- Large pan
- Black pepper
- Small pot
- Olive oil (1 tsp | 1 tsp)
- Vegetable oil (4 tsp | 4 tsp)
- Butter (1 TBSP | 1 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Red Onion 1 | 2
- Poblano Pepper 1 | 2
- Black Beans 13.4 oz | 26.8 oz
- Roma Tomato 1 | 2
- Scallions 2 | 4
- Lime 1 | 2
- Southwest Spice Blend 1 TBSP | 2 TBSP
- Flour Tortillas 6 | 12
- Pepper Jack Cheese ½ Cup | 1 Cup
- Guacamole 4 TBSP | 8 TBSP
- Sour Cream 4 TBSP | 8 TBSP
- Hot Sauce 1 tsp | 2 tsp



1 PREP & MAKE PICO DE GALLO

Wash and dry all produce. Halve, peel, and thinly slice **onion**. Core, deseed, and dice **poblano** into ½-inch pieces. Drain **beans** over a small bowl, reserving liquid. Finely dice **tomato**. Trim and thinly slice **scallions**. Halve **lime**. In a separate small bowl, combine tomato, scallions, a large squeeze of **lime juice**, and a drizzle of **olive oil**. Season with **salt** and **pepper**.



4 ASSEMBLE FLAUTAS

Spread **tortillas** with **mashed beans**. Place a small amount of **filling** on one half of each tortilla, then sprinkle with **pepper jack**. Roll up tortillas, starting with filled side, and place seam sides down on a plate.



2 COOK FILLING

Heat a drizzle of **oil** in a large pan over medium-high heat. Add **poblano** and **onion**; cook until just softened, 5-6 minutes. Add **Southwest Spice** and half the **beans** (you'll use the rest in the next step). Cook, stirring, until fragrant and warmed through, 2-3 minutes. Season with **salt** and **pepper**. Remove pan from heat.



5 COOK FLAUTAS

Wash out pan used for filling. Heat a large drizzle of **oil** in same pan over medium-high heat. Place **flautas** seam sides down in pan. Cook, carefully turning so they stay intact, until golden brown and crispy, 1-2 minutes per side.

TIP: Work in batches if necessary and watch carefully to avoid burning.



3 MASH BEANS

Meanwhile, heat a drizzle of **oil** in a small pot over medium-high heat. Add remaining **beans** and cook, stirring, until slightly softened, 2-3 minutes. Add ¼ cup **reserved bean liquid** (½ cup for 4 servings). Let simmer until warmed through, 1-2 minutes. Reduce heat to low and stir in **1 TBSP butter**. Remove pot from heat, then mash beans with a potato masher or fork until mostly smooth. Season with plenty of **salt** and **pepper**.



6 SERVE

Divide **flautas** between plates and top with **guacamole**, **pico de gallo**, **sour cream**, and **hot sauce**. Alternatively, serve with toppings on the side for dipping.

EGG TO DIFFER

Try making flautas again for breakfast! Fill with mashed black beans and scrambled eggs.



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