



More than Food

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Southwestern-Stuffed Acorn Squash

with Smoky Black Beans, Tomatoes, and Mozzarella

Celebrate fall produce with silky, delicious acorn squash! This week, we're filling this versatile gourd with black beans, rice, and juicy tomatoes! Topped with gooey mozzarella, this is an amazing Southwestern twist on a traditional autumn comfort food.



45 min



level 1



veggie



nut free



gluten free



Black Beans



Roma Tomato



Onion



Red Bell Pepper



Chili Powder



Cumin



Chili Flakes



Mozzarella Cheese



Basmati Rice



Acorn Squash

Ingredients

	2 People	4 People
Black Beans	1 box	2 boxes
Roma Tomato	1	2
Onion	1	2
Red Bell Pepper	1	2
Chili Powder	1 t	2 t
Cumin	1 t	2 t
Chili Flakes 	1 t	2 t
Mozzarella Cheese	1) ½ C	1 C
Basmati Rice	½ C	1 C
Acorn Squash	1	2
Olive Oil*	1 T	2 T

*Not Included

Allergens

1) Milk

Tools

Baking Sheet,
Strainer, Small Pot,
Large Pan

Nutrition per person Calories: 743 cal | Carbs: 121 g | Fat: 15 g | Protein: 32 g | Fiber: 30 g | Sodium: 400 mg

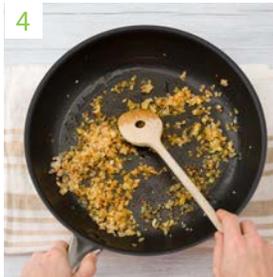
Make sure to wash and dry produce before prepping or cooking!

Ruler

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1 Roast the squash: Preheat the oven to 375 degrees. In a small pot, bring **1½ cups water** to a boil with a large pinch of **salt**. Halve the **acorn squash** lengthwise (through the stem) and scoop out and discard the seeds. Drizzle the halves with **1 teaspoon olive oil** and season with **salt** and **pepper**. Place the squash, cut side down, on a baking sheet and roast for 35-40 minutes, or until the flesh is easily pierced with a knife.



2 Cook the rice: Add the **rice** to the boiling water. Reduce to a simmer, cover, and cook for 15 minutes, until tender. Remove from the heat and set aside, covered, for 5 minutes to steam.

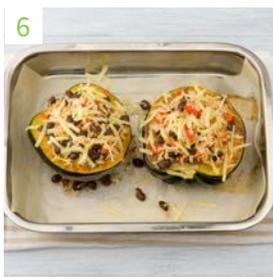
3 Prep the ingredients: Halve, peel, and finely chop the **onion**. Core, seed, and remove the white ribs of the **red bell pepper** then dice. Core and dice the **tomato**. Drain and rinse the **beans**.

4 Start the filling: Heat **2 teaspoons olive oil** in a large pan over medium heat. Add the **onion, red bell pepper**, and as many **chili flakes** as you like (we used ¼ teaspoon). Cook, tossing, for 4-5 minutes, until softened. Season with **salt** and **pepper**.



5 Finish the filling: Add the **chili powder, cumin, tomatoes** and **beans** to the pan. Cook over medium-low heat for about 5 minutes. Once the **rice** is ready, fluff it with a fork and add it to the pan. Gently toss to combine.

6 Stuff the squash: Once the **squash** is ready, stuff each half with the **filling**. Top with the **mozzarella cheese** and return to the oven for 5 minutes, or until the cheese has melted.



7 Serve right out of the oven and enjoy!