



Mexican Red Bean Stew

with Cheesy Quesadillas

Veggie

35 Minutes



Kidney Beans



Sweet Potato



Onion, chopped



Green Bell Peppers



Crushed Tomatoes



Chili Garlic Sauce



Vegetable Broth Concentrate



Flour Tortillas, 6-inch



Cheddar Cheese, shredded



Mexican Seasoning



Green Onions

HELLO SWEET POTATOES

A truly global food brought to your plate tonight in this Mexican inspired stew

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Heat Guide for Step 3:

- Mild: ¼ tsp
- Spicy: ½ tsp
- Extra-spicy: 1 tsp

Bust Out

Baking sheet, measuring spoons, strainer, medium pot, parchment paper, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Kidney Beans	370 ml	740 ml
Sweet Potato	340 g	680 g
Onion, chopped	56 g	113 g
Green Bell Peppers	200 g	400 g
Crushed Tomatoes	340 ml	740 ml
Chili Garlic Sauce 🌶️	1 tbsp	2 tbsp
Vegetable Broth Concentrate	2	4
Flour Tortillas, 6-inch	6	12
Cheddar Cheese, shredded	½ cup	1 cup
Mexican Seasoning	2 tbsp	4 tbsp
Green Onions	2	2
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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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Roast sweet potatoes

Cut **sweet potatoes** into ½-inch cubes, then toss with **1 tbsp oil** (dbl for 4 ppl) on a parchment-lined baking sheet. Season with **salt and pepper**. Roast in the **middle** of the oven, flipping halfway through cooking, until golden-brown and tender, 22-23 min.



Assemble quesadillas

While **stew** simmers, thinly slice **green onions** and arrange **tortillas** on a clean work surface. Sprinkle **cheese** and **half the green onions** on one side of **each tortilla**. Carefully fold the other side of the **tortillas** over **filling**.



Prep & cook veggies

While **sweet potatoes** roast, core, then cut **pepper** into ½-inch pieces. Drain and rinse **beans**. Heat a medium pot over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **peppers, onions** and **Mexican Seasoning**. Cook, stirring occasionally, until **peppers** soften, 4-6 min. Season with **salt** and **pepper**.



Cook quesadillas

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then add **two quesadillas**. Cook, until golden-brown, 1-2 min per side. Repeat with **remaining quesadillas**. Set aside on a plate and cover to keep warm.



Simmer stew

Add **kidney beans, crushed tomatoes, broth concentrate, 1 cup water** (dbl for 4 ppl) and **½ tsp chili garlic sauce** to the pot. (**NOTE:** Reference Heat Guide.) Reduce the heat to medium. Simmer, stirring occasionally, until slightly thickened, 8-9 min.



Finish and serve

Add **roasted sweet potatoes** to the **stew** and stir to combine. Season with **salt** and **pepper**. Divide **stew** between bowls. Drizzle with **remaining chili-garlic sauce** to taste. Sprinkle with **remaining green onions**. Cut **quesadillas** into triangles and serve on the side, for dipping!

Dinner Solved!