



**HELLO
FRESH**

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2

Kidney Beans



2 | 4

Scallions



1 | 2

Tex-Mex Paste



1 | 2

Mushroom Stock Concentrate



¼ Cup | ½ Cup

Monterey Jack Cheese

Contains: Milk



1.5 oz | 3 oz

Blue Corn Tortilla Chips

Contains: Sesame



1 | 2

Tomato



1 | 1

Lime



1 TBSP | 2 TBSP

Sweet and Smoky BBQ Seasoning



1 | 2

Microwavable Rice



1½ TBSP | 3 TBSP

Sour Cream

Contains: Milk

SMOKY BBQ BEAN & RICE BOWLS

with Monterey Jack, Sour Cream & Tortilla Chips



✓ **READY, SET,
LUNCH!**



ANY ISSUES WITH
YOUR ORDER?
SCAN HERE TO
GET HELP!

TOTAL TIME: 10 MIN | CALORIES: 690



BUST OUT

- Strainer
- Medium bowl
- Plastic wrap
- Kosher salt
- Black pepper

MAKING THE CUT

Always squish tomatoes when slicing or dicing? Use a serrated or bread knife! The teeth on the blade cut through the skin every time.

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SMOKY BBQ BEAN & RICE BOWLS

with Monterey Jack, Sour Cream & Tortilla Chips

INSTRUCTIONS

- **Wash and dry produce.**
- Drain and rinse **beans**. Dice **tomato** into ¼-inch pieces. Thinly slice **scallions**, separating whites from greens. Quarter **lime**.
- In a medium bowl, combine **beans, tomato, scallion whites, Tex-Mex paste, BBQ Seasoning**, and **stock concentrate**. Season with **salt and pepper** to taste.
- Break up **rice** in pouch; divide rice and **beans** between microwave-safe bowls in separate sections. Top beans with **Monterey Jack**. Cover bowls with plastic wrap; microwave until warmed through, 2-3 minutes.
- Remove plastic wrap; top bowls with **sour cream** and **scallion greens**. Serve with **tortilla chips** and **lime wedges** on the side.