



Spicy Mexican-Style Black Bean Stew

with Lime Crema and Spiced Tortilla Chips

Veggie

Spicy

35 Minutes



Black Beans



Enchilada Spice Blend



Chipotle Sauce



Yellow Onion



Sweet Bell Pepper



Crushed Tomatoes



Feta Cheese, crumbled



Sour Cream



Lime



Tortilla Chips



Green Onion



Mexican Seasoning



Garlic Salt

HELLO ENCHILADA SPICE BLEND

This savoury blend combines warming spices with aromatic onion and garlic!

Start here

- Before starting, preheat the oven to 400°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, zester, parchment paper, small bowl, measuring cups, large pot

Ingredients

	2 Person	4 Person
Black Beans	370 ml	740 ml
Enchilada Spice Blend	1 tbsp	2 tbsp
Chipotle Sauce 🌶️	4 tbsp	8 tbsp
Yellow Onion	113 g	226 g
Sweet Bell Pepper	160 g	320 g
Crushed Tomatoes	370 ml	796 ml
Feta Cheese, crumbled	½ cup	1 cup
Sour Cream	3 tbsp	6 tbsp
Lime	1	2
Tortilla Chips	85 g	170 g
Green Onion	2	4
Mexican Seasoning	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Sugar*	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Prep

Peel, then cut **onion** into ¼-inch pieces. Core, then cut **pepper** into ¼-inch pieces. Zest **lime**, then juice **half**. Cut **remaining lime** into wedges. Thinly slice **green onions**.



Make lime crema

While **stew** simmers, add **half the lime zest**, **lime juice** and **sour cream** to a small bowl. Season with **salt** and **pepper**, then stir to combine.



Start stew

Heat a large pot over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions, peppers** and **Enchilada Spice Blend**. Season with **salt** and **pepper**. Cook, stirring often, until **veggies** soften slightly, 2-3 min.



Bake chips

Arrange **tortilla chips** in an even layer on a parchment-lined baking sheet. Sprinkle **Mexican Seasoning** over top. Bake in the **middle** of the oven until lightly toasted and crispy, 2-3 min. Season with **remaining lime zest** and **salt**, to taste. (**TIP**: Keep an eye on the chips so they don't burn!)



Finish stew

Stir in **crushed tomatoes**, **chipotle sauce**, **black beans** with their **can liquid**, **garlic salt**, **1 tsp sugar** and **⅓ cup water** (dbl both for 4 ppl). Season with **salt** and **pepper**. Bring to a simmer. Once simmering, reduce heat to medium. Cook uncovered, stirring occasionally, until **liquid** reduces slightly, 8-10 min.



Finish and serve

Divide **stew** between bowls. Dollop **lime crema** over top. Sprinkle with **feta** and **green onions**. Serve **tortilla chips** alongside. Squeeze over a **lime wedge**, if desired.

Dinner Solved!