



Veggie Taco Bowls

with Beyond Meat® and Mexican-Style Red Rice

Veggie

Spicy

35 Minutes



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Beyond Meat®



Sour Cream



Roma Tomato



Green Bell Pepper



Lime



Cheddar Cheese,
shredded



Mexican Seasoning



Tomato Sauce Base



Basmati Rice



Chipotle Powder



Garlic Salt

HELLO BEYOND MEAT®

You won't believe the meat-like texture of this plant-based protein!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Measuring spoons, zester, medium pot, small bowl, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Beyond Meat®	2	4
Sour Cream	3 tbsp	6 tbsp
Roma Tomato	95 g	190 g
Green Bell Pepper	200 g	400 g
Lime	1	1
Cheddar Cheese, shredded	¼ cup	½ cup
Mexican Seasoning	1 tbsp	2 tbsp
Tomato Sauce Base	2 tbsp	4 tbsp
Basmati Rice	¾ cup	1 ½ cups
Chipotle Powder 🌶️	¼ tsp	½ tsp
Garlic Salt	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

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.



Prep

- Cut **tomato** into ¼-inch pieces.
- Core, then cut **pepper** into ¼-inch slices.
- Zest **half the lime** (whole lime for 4 ppl). Cut **remaining lime** into wedges.
- Add **lime zest** and **sour cream** to a small bowl. Season with **salt** and **pepper**, then stir to combine. Set aside.



Cook Beyond Meat®

- Add **1 tbsp** (2 tbsp) **oil** to the same pan, then **Beyond Meat®**.
- Break up **patties** into bite-sized pieces, then add **Mexican Seasoning** and **¼ tsp** (½ tsp) **chipotle powder**.
- Cook, stirring occasionally, until **Beyond Meat®** is slightly crispy, 5-6 min. ** Season with **¼ tsp** (½ tsp) **salt** and **pepper**.
- Remove from heat.



Cook rice

- Heat a medium pot over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **tomato sauce base** and **rice**. Cook, stirring often, until fragrant, 1-2 min.
- Add **1 ¼ cups** (2 ½ cups) **water**. Cover and bring to a boil over high.
- Once boiling, reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove from heat.
- Season **rice** with **garlic salt**, then stir in **tomatoes**.
- Cover and set aside.



Finish rice

- Once **rice** is tender, fluff with a fork.
- Season with **salt** and **pepper**, to taste.



Cook peppers

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **peppers**. Cook, stirring often, until tender-crisp, 3-4 min.
- Season with **salt** and **pepper**, to taste.
- Transfer **peppers** to a plate, then cover to keep warm.



Finish and serve

- Divide **Mexican-style red rice** between bowls. Top with **Beyond Meat®** and **peppers**.
- Sprinkle with **cheese**, then dollop with **lime crema**.
- Squeeze a **lime wedge** over top, if desired.

Dinner Solved!



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