



Warm Mexican Bean Bowl

with Tangy Guacamole

Veggie

30 Minutes



Shallot



Black Beans



Garlic



Sweet Bell Pepper



Sour Cream



Roma Tomato



Mexican Seasoning



Vegetable Broth Concentrate



Cilantro



Lime



Avocado



Long Grain Rice

HELLO AVOCADO

The avocado is a climacteric fruit, meaning it matures on the tree but ripens off the tree

Start here

Before starting, wash and dry all produce.

Bust Out

Medium bowl, colander, measuring spoons, potato masher, zester, medium pot, small bowl, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Shallot	50 g	100 g
Black Beans	398 ml	796 ml
Garlic	6 g	12 g
Sweet Bell Pepper	160 g	320 g
Sour Cream	3 tbsp	6 tbsp
Roma Tomato	160 g	320 g
Mexican Seasoning	2 tbsp	4 tbsp
Vegetable Broth Concentrate	1	2
Cilantro	7 g	14 g
Lime	1	2
Avocado	1	2
Long Grain Rice	142 g	284 g
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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Prep

Core, then cut **pepper** into ½-inch pieces. Cut **tomatoes** into ½-inch pieces. Peel, pit, then scoop the **avocado** into a medium bowl. Set aside. Drain and rinse **beans**. Zest, then juice **lime**. Roughly chop **cilantro**. Peel, then mince or grate **garlic**. Thinly slice the **shallot**.



Cook beans

Add **beans**, **broth concentrate**, **half the tomatoes**, **half the lime zest** and **⅔ cup water** (dbl for 4 ppl) to the **veggies**. Cook, stirring occasionally, until softened, 4-5 min. Season with **pepper**.



Cook rice

Bring **rice** and **1 ¼ cups water** (dbl for 4 ppl) to a boil in a covered medium pot. Once boiling, reduce heat to medium-low. Cook covered, until **rice** is tender and **water** has absorbed, 15-18 min.



Make tangy guacamole

Using a fork, mash together **avocado** in the medium bowl with the **remaining lime zest** and **1 tbsp lime juice** (dbl for 4 ppl). Stir in **half the cilantro** and **remaining tomatoes**. Season with **salt** and **pepper**.



Cook veggies

While **rice** cooks, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **shallots** and **peppers**. Cook, stirring often, until tender-crisp, 2-3 min. Add **garlic** and **Mexican Seasoning**. Cook, stirring often, until fragrant, 1 min.



Finish and serve

Fluff **rice** with a fork, stir in **remaining cilantro** and season with **salt**. Divide **rice** and **black bean mixture** between bowls. Dollop with **tangy guacamole** and **sour cream**.

Dinner Solved!