



In your box

- 2 oz. Sour Cream
- 15 oz. Crushed Tomatoes
- 1 Red Onion
- ¼ oz. Cilantro
- 2 tsp. Mirepoix Broth Concentrate
- ¾ cup Quinoa
- 2 tsp. Fajita Seasoning
- 1 Avocado
- 1 oz. Shredded Cheddar-Jack Cheese
- 5 oz. Corn Kernels

Customize It Options

- 12 oz. Impossible Burger
- 13 oz. Boneless Skinless Chicken Breasts

*Contains: milk

You will need

- Olive Oil, Salt, Pepper
- Medium Pot

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Classic Meal Kit



Tex-Mex Quinoa Vegetable Stew

with avocado and cheddar-jack cheese

NUTRITION per serving—Calories: 710, Carbohydrates: 91g, Sugar: 16g, Fiber: 15g, Protein: 23g, Sodium: 1571mg, Fat: 31g, Saturated Fat: 9g
 Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

25-35 min.

Cook Within

7 days

Difficulty Level

Easy

Spice Level

Not Spicy

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Ingredient(s) used more than once: **cilantro**
- Check **avocado** for ripeness upon delivery. If unripe, close in a paper bag, either alone or with a banana, apple, or tomato. Let sit on a counter for a couple days.



1. Prepare the Ingredients

- Mince **cilantro**.
- Halve and peel **onion**. Cut halves into ¼" dice.



2. Start the Stew

- Heat 2 tsp. **olive oil** in a medium pot over medium-high heat.
- Add **onion, corn, cilantro** (reserve a pinch for garnish), ¼ tsp. **salt**, and a pinch of **pepper** to hot pot. Stir occasionally until onion is translucent, 3-4 minutes.

Customize It Instructions

- Meatlovers! If adding protein, season with a pinch of **salt** and **pepper** and cook with 1 tsp. **olive oil** in a large non-stick pan over medium-high heat. If using **Impossible burger**, break up burger until heated through, 4-6 minutes. If using **chicken breasts**, pat dry before seasoning, and cut into 1" dice. Stir occasionally until browned and chicken reaches minimum internal temperature, 5-7 minutes. Add to stew as desired.



3. Finish the Stew

- Add **quinoa, tomatoes and their liquid, seasoning blend, mirepoix base, ½ tsp. salt**, and 3 cups **water**. Bring to a boil.
- Once boiling, reduce to a simmer and cook until quinoa is tender, 15-18 minutes.
- While stew simmers, prepare avocado.



4. Prepare the Avocado

- Halve **avocado** and remove pit by carefully tapping pit with the blade of your knife so it sticks. Gently twist knife to release pit. Scoop out the flesh with a spoon. Cut into ¼" dice.



5. Finish the Dish

- Plate dish as pictured on front of card, garnishing with **sour cream, cheese, reserved cilantro, and avocado**. Bon appétit!