



### In your box

- 4 Small Flour Tortillas
- 3 oz. Black Beans
- 6 oz. Tex-Mex Style Corn & Bean Salad
- 2 Green Onions
- 2 tsp. Mirepoix Broth Concentrate
- 1 Red Bell Pepper
- 2 oz. Shredded Cheddar-Jack Cheese
- 1 Tbsp. Cornstarch
- 2 oz. Light Cream Cheese
- 1 Roma Tomato

### Customize It Options

- 10 oz. Diced Boneless Skinless Chicken Breasts
- 10 oz. Ground Beef
- 10 oz. Ground Turkey
- 12 oz. Impossible Burger

*If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.*

### You will need

- Olive Oil
- Mixing Bowl, Large Pot, Large Non-Stick Pan

### Minimum Internal Protein Temperature

<b>145°</b>	Steak	Pork	Lamb	Seafood
<b>160°</b>	Ground Beef	Ground Pork		
<b>165°</b>	Chicken	Ground Turkey		

Rest steak or pork after cooking, 3 minutes.

Classic Meal Kit



## Southwest-Style Veggie Stew

with quesadilla dippers

NUTRITION per serving—Calories: 535, Carbohydrates: 60g, Sugar: 10g, Fiber: 8g, Protein: 19g, Sodium: 1507mg, Fat: 25g, Saturated Fat: 11g  
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

**35-45 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
- Set **cream cheese** on counter to soften
- Ingredient(s) used more than once: **green onions**

## 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 **diced chicken breasts**, stir occasionally until chicken reaches minimum internal temperature, 5-7 minutes. If using **Impossible burger**, break up burger until heated through, 4-6 minutes. If using **ground beef**, break up beef until no pink remains and beef reaches minimum internal temperature, 4-6 minutes. If using **ground turkey**, break up turkey until no pink remains and turkey reaches minimum internal temperature, 7-9 minutes. Add to stew as desired.



### 1. Prepare the Ingredients

- Drain **black beans**.
- Core **tomato** and cut into ½" dice.
- Stem, seed, remove ribs, and cut **red bell pepper** into 1" dice.
- Trim and thinly slice **green onions** on an angle, keeping white and green portions separate.
- Combine **cornstarch** and 1½ Tbsp. **water** in a mixing bowl.



### 2. Start the Stew

- Place a large pot over medium-high heat. Add 1 tsp. **olive oil** and **white portions of green onions** to hot pot. Cook until translucent, 2-3 minutes.
- Stir in **black beans**, **corn** and **bean salad**, **red bell pepper**, and **tomato**. Cook until tomatoes release juices and become tender, 2-3 minutes.



### 3. Finish the Stew

- Add softened **cream cheese** and **mirepoix base** to hot pot. Cook, 1 minute.
- Stir **cornstarch-water mixture** to recombine.
- Add 2½ cups **water** and cornstarch-water mixture to pot. Bring to a boil.
- Once boiling, reduce to a simmer. Then stir occasionally until peppers have softened, 7-10 minutes.
- Remove from burner.
- While stew simmers, make dippers.



### 4. Make the Quesadilla Dippers

- Place a large non-stick pan over medium heat. Stack two **tortillas** flat in hot, dry pan, then top evenly with **cheese**. Cook until cheese starts to melt, 3-4 minutes.
- Top cheese with remaining tortillas and carefully flip. Cook until golden and crispy, 3-4 minutes.
- Remove from burner. Transfer quesadillas to a clean cutting board. Carefully cut into 1" squares. *Quesadillas will be hot! Use caution when cutting.*



### 5. Finish the Dish

- Plate dish as pictured on front of card, garnishing **stew** with **green portions of green onions** and **quesadilla dippers**. Bon appétit!