



In your box

- 2 Poblano Peppers
- 1 Red Onion
- 1 Lime
- ½ tsp. Chipotle Seasoning
- 12 Small Flour Tortillas
- 1 Tbsp. Taco Seasoning
- 2 oz. Chipotle Crema
- 4 oz. Black Beans
- 6 oz. Fire Roasted Salsa
- 16 oz. Ground Beef

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, Salt, Pepper
Medium Non-Stick Pan

Minimum Internal Protein Temperature

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

Rest steak or pork after cooking, 3 minutes.

4 Serving One Pot Family Meal



One-Pan Beef, Bean, and Poblano Tacos

with chipotle crema

NUTRITION per serving—Calories: 580, Carbohydrates: 54g, Sugar: 8g, Fiber: 5g, Protein: 30g, Sodium: 1300mg, Fat: 27g, 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

15-20 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

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: **taco seasoning**



1. Prepare the Ingredients

- Cut **lime** into wedges.
- Halve and peel **onion**. Cut halves into $\frac{1}{4}$ " slices.
- Halve **poblano peppers** lengthwise, seed, and slice into $\frac{1}{4}$ " wide strips. *Poblano peppers can vary in spice level; most are mild, but a few can be quite hot. Wash hands and cutting board after prepping.*



2. Cook the Vegetables

- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**.
- Add **onion**, **poblano**, and a pinch of **salt** to hot pan. Stir occasionally until tender and lightly browned, 6-8 minutes.
- Stir in half the **taco seasoning** (reserve remaining for ground beef) and 1 Tbsp. **water** until combined.
- Remove vegetables to a plate and tent with foil. Keep pan over medium heat.



3. Cook the Ground Beef

- Add **ground beef** to hot pan. Break up meat until no pink remains and beef reaches a minimum internal temperature of 160 degrees, 4-6 minutes.
- While beef cooks, drain **black beans**.
- Remove from burner. Carefully, drain excess fat from pan, if desired.
- Return to burner and stir in remaining **taco seasoning**, **chipotle seasoning**, **salsa**, and black beans. Cook until heated through, 3-5 minutes.
- Season with $\frac{1}{4}$ tsp. **salt** and a pinch of **pepper**. Remove from burner.



4. Heat the Tortillas

- Wrap **tortillas** in a damp paper towel and microwave until warm, 30-60 seconds.
- *Alternatively, place a medium non-stick pan over medium-high heat. Add tortillas, one at a time, to hot, dry pan. Heat undisturbed, 30-45 seconds per side. Remove from pan.*



5. Finish the Dish

- Plate dish as pictured on front of card, filling **tortillas** with **ground beef**, **vegetables**, and **chipotle crema**. Squeeze **lime wedges** over tacos to taste. Bon appétit!