



#### In your box

- 1 Red Onion
- ¼ oz. Cilantro
- ½ cup Quinoa
- 1 oz. Shredded Cheddar-Jack Cheese
- 14 ½ oz. Canned Diced Tomatoes
- 2 oz. Sour Cream
- 5 oz. Corn Kernels
- 1 Avocado
- 2 tsp. Fajita Seasoning
- 2 tsp. Mirepoix Base

#### Customize It Options

- 8 oz. Italian Pork Sausage Links
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 8 oz. Fully Cooked Pulled Pork

\*Contains: milk

#### You will need

- Olive Oil, Salt, Pepper
- Medium Pot



## Tex-Mex Quinoa Vegetable Stew

with avocado and cheddar-jack cheese

NUTRITION per serving—Calories: 602, Carbohydrates: 71g, Fat: 30g, Protein: 17g, Sodium: 1737mg.

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

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- 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.

## Customize It Instructions

- Meat lovers! If using proteins, add to stew after simmering. If using **pulled pork**, stir into stew, breaking into pieces, until heated through, 3-4 minutes. If using **Italian sausage**, remove from casing. Cook in a large non-stick pan over medium-high heat with 1 tsp. olive oil, breaking into smaller pieces until no pink remains, 4-6 minutes. If using **chicken**, pat dry and cut into 1" dice. Cook in a medium non-stick pan over medium-high heat with 1 tsp. olive oil, stirring occasionally until chicken reaches minimum internal temperature, 4-6 minutes

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



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### Prepare the Ingredients

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



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### Start the Stew

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



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### 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, 10-12 minutes.
- While stew simmers, prepare avocado.



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### 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.



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### Finish the Dish

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