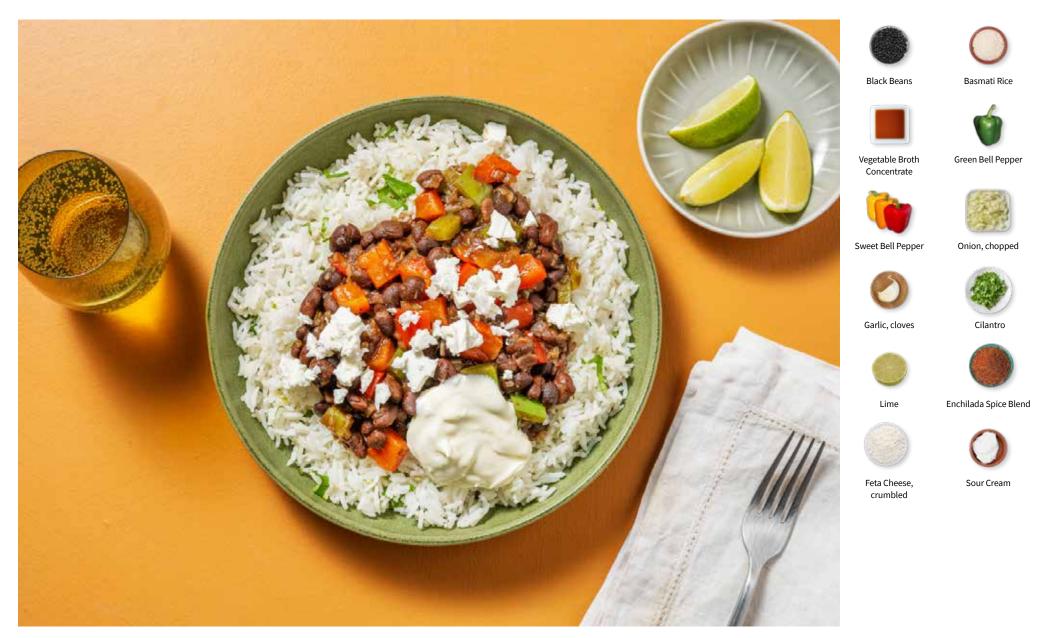


Cuban-Style Black Bean Bowls

with Peppers and Cilantro-Lime Rice

Veggie

30 Minutes



Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, zester, medium pot, small bowl, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Black Beans	370 ml	740 ml
Basmati Rice	¾ cup	1 ½ cups
Vegetable Broth Concentrate	1	2
Green Bell Pepper	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Onion, chopped	113 g	227 g
Garlic, cloves	4	8
Cilantro	7 g	14 g
Lime	1	1
Enchilada Spice Blend	1 tbsp	2 tbsp
Feta Cheese, crumbled	¼ cup	½ cup
Sour Cream	3 tbsp	6 tbsp
Sugar*	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional 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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Cook rice

Add **1** ¼ **cups water** and ¼ **tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. Add **rice** to the **boiling water**. Reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



Prep

While **water** comes to a boil, core, then cut **peppers** into ½-inch pieces. Peel, then mince or grate **garlic**.



Cook soffrito

Heat a large non-stick pan over mediumhigh heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **peppers** and **onions**. Season with **salt** and **pepper**. Cook, stirring occasionally, until tender-crisp, 3-4 min. Reduce heat to medium, then add **garlic** and **Enchilada Spice Blend**. Cook, stirring often, until fragrant, 30 sec.



Cook beans

Add **beans**, including **liquid**, **broth**

concentrate and ¹/₃ **cup water** (dbl for 4 ppl) to the pan with **soffrito**. Bring to a gentle boil and cook, stirring occasionally, until **sauce** thickens slightly, 5-7 min. Season with **salt** and **pepper**, to taste.



Make lime crema

While **beans** cook, zest, then juice **half the lime**. Cut **remaining lime** into wedges. Roughly chop **cilantro**. Add **sour cream**, **half the lime zest**, **1 tsp lime juice** and **1/4 tsp sugar** (dbl for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then stir to combine.



Finish and serve

Fluff rice with a fork, then stir in **remaining lime zest** and **half the cilantro**. Divide rice between bowls. Top with **beans and veggies**. Sprinkle **feta** and **remaining cilantro** over top. Squeeze over a **lime wedge**, if desired.

Dinner Solved!