



Mexican Red Bean Stew

with Cheesy Quesadillas

Veggie

35 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Kidney Beans



Sweet Potato



Onion, chopped



Green Bell Peppers



Diced Tomatoes



Chili Garlic Sauce



Vegetable Broth Concentrate



Flour Tortillas, 6-inch



Cheddar Cheese, shredded



Mexican Seasoning



Green Onions

HELLO SWEET POTATOES

A truly global food brought to your plate tonight in this Mexican inspired stew

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Heat Guide for Step 3 (dbl for 4 ppl):

- Mild: ¼ tsp
- Spicy: ½ tsp
- Extra-spicy: 1 tsp

Bust Out

Baking sheet, measuring spoons, strainer, medium pot, parchment paper, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Kidney Beans	398 ml	796 ml
Sweet Potato	340 g	680 g
Onion, chopped	56 g	113 g
Green Bell Peppers	200 g	400 g
Diced Tomatoes	398 ml	796 ml
Chili Garlic Sauce 🌶️	1 tbsp	2 tbsp
Vegetable Broth Concentrate	2	4
Flour Tortillas, 6-inch	6	12
Cheddar Cheese, shredded	½ cup	1 cup
Mexican Seasoning	1 tbsp	2 tbsp
Green Onions	2	2
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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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Roast sweet potatoes

Cut **sweet potatoes** into ½-inch cubes, then toss with **1 tbsp oil** (dbl for 4 ppl) on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, flipping halfway through cooking, until golden-brown and tender, 22-23 min.



Assemble quesadilla

While **stew** simmers, thinly slice **green onions** and arrange **tortillas** on a clean work surface. Sprinkle **cheese** and **half the green onions** on one side of **each tortilla**. Carefully, fold the other side of the **tortillas** over **cheese**.



Prep & cook veggies

While **sweet potatoes** roast, core and cut **pepper** into ½-inch pieces. Drain and rinse **beans**. Heat a medium pot over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **peppers, onions** and **Mexican Seasoning**. Cook, stirring occasionally, until **peppers** soften, 4-6 min. Season with **salt** and **pepper**.



Cook quesadillas

Heat a large non-stick pan over medium-high heat. When pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then add **two quesadillas**. Cook, until golden-brown, 1-2 min per side. Repeat with **remaining quesadillas**. Set aside on a plate and cover to keep warm.



Simmer stew

Add **beans, diced tomatoes, broth concentrates, 1 cup water** (dbl for 4 ppl) and **½ tsp chili garlic sauce** (NOTE: Reference the Heat Guide) to the pot. Reduce the heat to medium. Simmer, stirring occasionally, until slightly thickened, 8-9 min.



Finish and serve

Add **roasted sweet potatoes** to the **stew** and stir together. Season with **salt** and **pepper**. Divide **stew** between bowls. Sprinkle with **remaining green onions**. Cut **quesadillas** into triangles and serve on the side for dipping! Drizzle over **remaining chili-garlic sauce** to taste.

Dinner Solved!