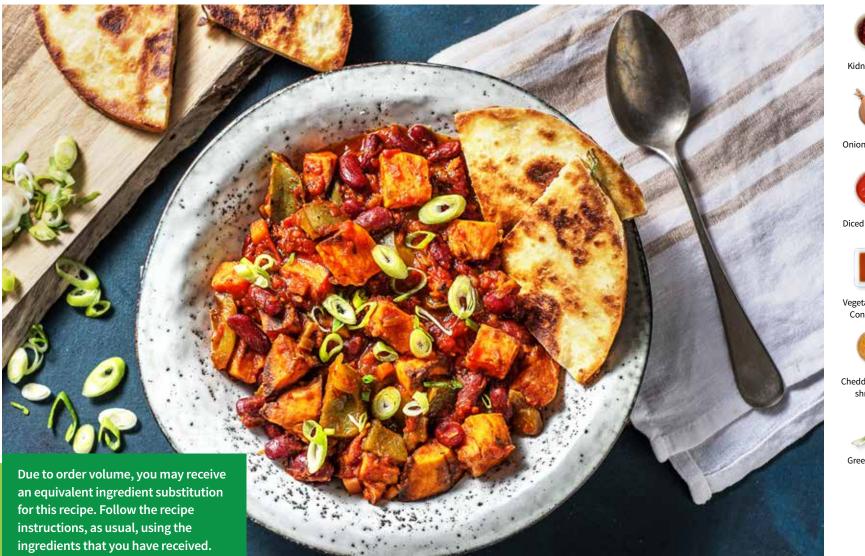


# Mexican Red Bean Stew

with Cheesy Quesadillas

Veggie

35 Minutes



Thank you for your understanding & happy cooking!





Kidney Beans

Sweet Potato



1



Green Bell Peppers



Diced Tomatoes

Chili Garlic Sauce





Vegetable Broth Concentrate Flour Tortillas, 6-inch



Cheddar Cheese, shredded Mexican Seasoning



Green Onions

### 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: <sup>1</sup>/<sub>4</sub> tsp • Spicy: <sup>1</sup>/<sub>2</sub> 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.



#### Prep & cook veggies

While **sweet potatoes** roast, core and cut **pepper** into ½-inch pieces. Drain and rinse **beans**. Heat a medium pot over mediumhigh 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**.



#### 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.



#### 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**.



#### 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.



#### 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!**