



Mexican-Style Red Bean Stew

with Cheesy Quesadillas

Veggie

Spicy

35 Minutes



Kidney Beans



Carrot



Sour Cream



Green Bell Pepper



Crushed Tomatoes with Garlic and Onion



Chipotle Powder



Vegetable Broth Concentrate



Flour Tortillas, 6-inch



Cheddar Cheese, shredded



Mexican Seasoning



Green Onions



Sweet Bell Pepper

HELLO MEXICAN SEASONING

Smoky, sweet and spicy combined for the perfect Tex-Mex flavour!

Start here

Before starting, wash and dry all produce.

Heat Guide for Step 1 and 5 (dbl for 4 ppl):

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

Bust out

Vegetable peeler, measuring spoons, box grater, medium pot, small bowl, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Kidney Beans	370 ml	740 ml
Carrot	170 g	340 g
Sour Cream	6 tbsp	12 tbsp
Green Bell Pepper	200 g	400 g
Crushed Tomatoes with Garlic and Onion	370 ml	740 ml
Chipotle Powder 🌶️	½ tsp	1 tsp
Vegetable Broth Concentrate	2	4
Flour Tortillas, 6-inch	6	12
Cheddar Cheese, shredded	½ cup	1 cup
Mexican Seasoning	2 tbsp	4 tbsp
Green Onions	2	2
Sweet Bell Pepper	160 g	340 g
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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Prep and cook veggies

Peel, then grate **carrot**. Core, then cut **peppers** 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, carrots, Mexican Seasoning** and ¼ **tsp chipotle powder**. (**NOTE:** Reference heat guide.) Cook, stirring occasionally, until **veggies** are tender-crisp, 4-6 min. Season with **salt** and **pepper**.



Cook quesadillas

Heat a large non-stick pan over medium-high heat. When hot, add 1 **tsp oil**, then 2 **quesadillas**. Cook until golden-brown, 1-2 min per side. Repeat with **remaining quesadillas**, adding 1 **tsp oil** for each batch. Set aside on a plate and cover to keep warm.



Simmer stew

Add **beans, crushed tomatoes, broth concentrate** and 1 **cup water** (dbl for 4 ppl) to the pot with **veggies**. Reduce heat to medium. Simmer, stirring occasionally, until **stew** thickens slightly, 10-12 min.



Finish and serve

Mix together **sour cream** and ¼ **tsp chipotle powder** in a small bowl. (**NOTE:** Reference heat guide.) Divide **stew** between bowls, then dollop **chipotle sour cream** over top. Sprinkle with **remaining green onions**. Cut **quesadillas** into triangles and serve on the side for dipping.

Dinner Solved!



Assemble quesadillas

While **stew** simmers, thinly slice **green onions**. Arrange **tortillas** on a clean work surface. Sprinkle **cheese** and **some green onions** evenly over one side of **each tortilla**. Fold **tortillas** in half to enclose **filling**.