



Mexican-Style Red Bean Stew

with Cheesy Quesadillas

Veggie

Spicy

35 Minutes



Kidney Beans



Carrot



Sour Cream



Green Bell Pepper



Crushed Tomatoes



Chipotle Powder



Vegetable Broth Concentrate



Flour Tortillas, 6-inch



Cheddar Cheese, shredded



Mexican Seasoning



Green Onion



Garlic Salt

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

Bust out

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

Ingredients

	2 Person	4 Person
Kidney Beans	370 ml	796 ml
Carrot	170 g	340 g
Sour Cream	6 tbsp	12 tbsp
Green Bell Pepper	200 g	400 g
Crushed Tomatoes	370 ml	796 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 Onion	2	2
Garlic Salt	½ tsp	1 tsp
Oil*		
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 **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, 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 ½ **tsp garlic salt** (dbl for 4 ppl) 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. Transfer **quesadillas** to a plate, then cover to keep warm.



Simmer stew

Add **beans, crushed tomatoes, broth concentrates** 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. (TIP: If you prefer a brothier stew, add more water, ¼ cup at a time!)



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.



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**.

Dinner Solved!