



# Mexican 'Un-Stuffed' Pepper Bowls

with Black Beans

Veggie

30 Minutes



Black Beans



Green Bell Pepper



Sweet Bell Pepper



Green Onions



Canned Corn



Mexican Seasoning



Crushed Tomatoes with  
Garlic and Onion



Baby Spinach



Yellow Onion



Vegetable Broth  
Concentrate



Basmati Rice

## HELLO SWEET PEPPERS

*A sweet pepper is just a green pepper that has been left on the vine to ripen!*

## Start here

Before starting, wash and dry all produce.

## Bust out

Measuring spoons, strainer, medium pot, measuring cups, large non-stick pan

## Ingredients

	2 Person	4 Person
Black Beans	370 ml	740 ml
Green Bell Pepper	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Green Onions	2	4
Canned Corn	½ can	1 can
Mexican Seasoning	2 tbsp	4 tbsp
Crushed Tomatoes with Garlic and Onion	370 ml	740 ml
Baby Spinach	56 g	113 g
Yellow Onion	113 g	226 g
Vegetable Broth Concentrate	1	2
Basmati Rice	¾ cup	1 ½ cups
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

Peel, then cut **onion** into ½-inch pieces. Heat a medium pot over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **half the onions**. Cook, stirring occasionally, until tender, 2-3 min. Add **rice** and **half the Mexican Seasoning**. Cook, stirring often, until fragrant, 1-2 min. Add **1 ¼ cups water** and **broth concentrate** (dbl for 4 ppl) and bring to a boil over high heat. Once boiling, 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.

4



## Cook beans

Add **remaining Mexican Seasoning** to the pan with **veggies**. Cook, stirring often, until **spices** are fragrant and **veggies** are coated. Add **crushed tomatoes, beans** and **¼ cup water** (dbl for 4 ppl). Cook, stirring occasionally, until **sauce** thickens slightly, 5-6 min. Add **spinach**. Stir until wilted, 1-2 min. Remove the pan from heat, then season with **salt** and **pepper**, to taste.

2



## Prep

While **rice** cooks, core, then cut **peppers** into ½-inch pieces. Thinly slice **green onions**. Using a strainer, drain and rinse **beans**. Drain, then rinse **corn**.

3



## Cook veggies

Heat a large non-stick pan over medium-high heat. (**NOTE:** For 4 ppl, use a large pot.) When hot, add **1 tbsp oil** (dbl for 4 ppl), then **peppers, remaining onions** and **half the corn** (use all for 4 ppl). Cook, stirring occasionally, until **veggies** are tender-crisp, 4-5 min.

5



## Finish and serve

Fluff **rice** with a fork, then stir in **half the green onions**. Divide **rice** between bowls. Top with **bean and veggie mixture**. Sprinkle **remaining green onions** over top.

## Dinner Solved!