



# One-Pot Mexican-Style Quinoa and Black Beans

with Lime Crema

Veggie Spicy 30 Minutes



-  Black Beans
-  Poblano Pepper
-  Yellow Onion
-  Mexican Seasoning
-  Canned Corn
-  Crushed Tomatoes with Garlic and Onion
-  White Quinoa
-  Lime
-  Sour Cream
-  Vegetable Broth Concentrate
-  Cheddar Cheese, shredded

## HELLO BLACK BEANS

*These beans contain as many antioxidants as blueberries and Brussels sprouts!*

## Start here

Before starting, wash and dry all produce.

### Bust out

Strainer, small bowl, large pot, zester, measuring spoons, measuring cups

### Ingredients

	2 Person	4 Person
Black Beans	370 ml	740 ml
Poblano Pepper 🌶️	160 g	320 g
Yellow Onion	56 g	113 g
Mexican Seasoning	1 tbsp	2 tbsp
Canned Corn	½ can	1 can
Crushed Tomatoes with Garlic and Onion	370 ml	740 ml
White Quinoa	½ cup	1 cup
Lime	1	1
Sour Cream	6 tbsp	12 tbsp
Vegetable Broth Concentrate	1	2
Cheddar Cheese, shredded	½ cup	1 cup
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

Drain and rinse **beans**. Drain and rinse **corn**. Core, then cut **poblano** into ½ -inch pieces, removing seeds for less heat. (**NOTE:** We suggest using gloves when prepping poblanos!) Peel, then cut **half the onion** into ½-inch pieces (whole onion for 4 ppl).



### Prep and make crema

While **quinoa** simmers, zest, then cut **lime** into wedges. Add **sour cream** and **lime zest** to a small bowl. Season with **salt** and **pepper**, then stir to combine.



### Cook aromatics

Heat a large pot over medium heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **onions**, **poblanos** and **Mexican Seasoning**. Cook, stirring often, until softened, 3-4 min.



### Finish and serve

When **quinoa** is done, stir in **cheese** and season with **salt** and **pepper**. Divide **quinoa** between bowls, then dollop **lime crema** over top. Squeeze over a **lime wedge**, if desired.



### Cook quinoa

Add **half the corn** (use all for 4 ppl), **broth concentrate**, **crushed tomatoes**, **beans**, **quinoa** and **1 ½ cups water** (dbl for 4 ppl) to the pot with **aromatics**. Bring to a boil over high. Once boiling, reduce heat to medium-low. Cover and simmer, stirring occasionally, until **sauce** thickens slightly and **quinoa** is tender, 16-18 min. Season with **salt** and **pepper**.

## Dinner Solved!