















Warm Mexican-Style Bean Bowl with Tangy Guacamole

Veggie 30 Minutes



-  Red Onion
-  Black Beans
-  Garlic
-  Sweet Bell Pepper
-  Sour Cream
-  Roma Tomato
-  Mexican Seasoning
-  Vegetable Broth Concentrate
-  Cilantro
-  Lime
-  Avocado
-  Parboiled Rice

HELLO AVOCADO

The avocado is a climacteric fruit, meaning it matures on the tree but ripens off the tree!

Start here

Before starting, wash and dry all produce.

Bust out

Medium bowl, colander, measuring spoons, zester, medium pot, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Red Onion	56 g	113 g
Black Beans	370 ml	740 ml
Garlic	6 g	12 g
Sweet Bell Pepper	160 g	320 g
Sour Cream	3 tbsp	6 tbsp
Roma Tomato	160 g	320 g
Mexican Seasoning	2 tbsp	4 tbsp
Vegetable Broth Concentrate	1	2
Cilantro	7 g	14 g
Lime	1	1
Avocado	1	2
Parboiled 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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Prep

Core, then cut **pepper** into ½-inch pieces. Cut **tomatoes** into ½-inch pieces. Peel, pit, then scoop the **avocado** into a medium bowl. Set aside. Drain and rinse **beans**. Zest, then juice **lime**. Roughly chop **cilantro**. Peel, then mince or grate **garlic**. Peel, then cut **half the onion** into ¼-inch slices (whole onion for 4 ppl).



Cook beans

Add **beans, broth concentrate, half the tomatoes, half the lime zest** and ¼ cup **water** (dbl for 4 ppl) to the **veggies**. Cook, stirring occasionally, until softened, 4-5 min. Season with **pepper**.



Cook rice

Bring **1 ¼ cups water** and ⅛ tsp **salt** (dbl both for 4 ppl) to a boil in a covered medium pot. Add **rice** to the pot of **boiling water**. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 15-18 min. Remove the pot from heat. Set aside, still covered.



Make tangy guacamole

Using a fork, mash together **avocado** in the medium bowl with **remaining lime zest** and **1 tbsp lime juice** (dbl for 4 ppl). Stir in **half the cilantro** and **remaining tomatoes**. Season with **salt** and **pepper**, then stir to combine.



Cook veggies

While **rice** cooks, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions** and **peppers**. Cook, stirring often, until **peppers** are tender-crisp, 2-3 min. Add **garlic** and **Mexican Seasoning**. Cook, stirring often, until fragrant, 1 min.



Finish and serve

Fluff **rice** with a fork, then stir in **remaining cilantro** and season with **salt**. Divide **rice** and **black bean mixture** between bowls. Dollop with **tangy guacamole** and **sour cream**.

Dinner Solved!