



**GREEN
CHEF**

VEGGIE & BEAN STUFFED PEPPERS

Creamy chimichurri sauce, rice with roasted tomatoes

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

1020

MENU

GLUTEN-FREE

In a stuffed pepper rut? Our chefs gave the savory-sweet weeknight staple a lively Latin-American update that's sure to please. Here, we pile sautéed pinto beans, corn, and green kale inside tender bell pepper halves, then roast them with a layer of cotija crumbles. A drizzle of our creamy, herby chimichurri sauce ties everything together, while garlicky rice, studded with juicy roasted tomatoes, catches any stray drops.

INGREDIENTS (9 ITEMS)

1 whole **Red bell pepper**
 15 ½ oz **Pinto beans**
 2 ¾ oz **Corn**
 2 ¾ oz **Green kale**
 2 ¾ oz **Creamy parsley & cilantro chimichurri** E S
 2 oz **Cotija cheese** M
 ½ cup **Jasmine rice**
 4 oz **Grape tomatoes**
 ¼ oz **Garlic**

WHAT YOU'LL NEED

small pot with lid
 large sauté pan
 baking sheet
 measuring cup & spoons
 strainer
 oven mitt
 cooking oil
 salt & pepper

ALLERGENS

E EGGS
S SOY
M MILK



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Food Service (GFFS) program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to greenchef.com/faq for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 START PREP & COOK RICE

- Preheat oven to 425 degrees.
- Mince **garlic**.
- Heat about 1 tablespoon cooking oil in a small pot over medium heat. Add **garlic** to hot pot. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 1-2 minutes, or until fragrant, stirring frequently.
- Add **jasmine rice** and 1 cup water. Stir. Bring to a boil, then reduce heat to medium-low. Cover pot with lid. Simmer 16-18 minutes, or until rice is tender and water is absorbed.
- Remove from heat. Let rest, covered, 3 minutes.

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 FINISH PREP

- Halve **red bell pepper*** lengthwise. Discard seed pod.
- Strain and rinse **pinto beans**.
- Remove and discard any thick center stems from **green kale**.* Roughly chop leaves into bite-size pieces.
- Halve **grape tomatoes**.

**Your bell pepper and kale may be a different color. Either way, this dish will still be delicious!*

3 SEASON & ROAST BELL PEPPER

- Place **bell pepper halves** on one side of a lightly oiled, foil-lined baking sheet, cut-sides down. Drizzle with about 1 tablespoon cooking oil. Rub to coat. Lightly season with salt and pepper.
- Transfer baking sheet to oven. Roast 10-12 minutes, or until just tender.

4 MAKE VEGGIE & BEAN FILLING

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **beans** and **corn** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine. Cook 3-5 minutes, or until corn is lightly browned, stirring occasionally.
- Add **kale**. Cook 1-2 minutes, or until kale is lightly wilted, stirring occasionally.
- Remove from heat. Drizzle with about half of the **creamy parsley and cilantro chimichurri**. Stir to coat.

5 STUFF BELL PEPPER & ROAST TOMATOES

- Flip **bell pepper halves**. Spoon **veggie and bean filling** into each half.* (**Careful! Baking sheet is hot!**) Sprinkle with **cotija cheese**.
- Place **tomatoes** on open side of baking sheet with bell pepper halves. Drizzle with about 1 tablespoon cooking oil. Season with salt and pepper. Stir to coat.
- Return baking sheet to oven. Roast 4-6 minutes, or until cheese is melted and tomatoes are blistered.

**If there's excess filling after stuffing the bell pepper halves, reserve it in the pan for Step 7.*

6 FINISH RICE

- Fluff **rice** with a fork. Transfer **tomatoes** to pot. Salt and pepper to taste. Stir to combine.

7 PLATE YOUR DISH

- Divide **rice with roasted tomatoes** between plates. Top with **veggie and bean stuffed peppers** and any excess **filling**. Drizzle with remaining **creamy chimichurri** to taste. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (591g)

Amount per serving

Calories 1020

	% Daily Value*
Total Fat 62g	79%
Saturated Fat 14g	70%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 1610mg	70%
Total Carbohydrate 101g	37%
Dietary Fiber 7g	25%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 26g	
Vitamin D 0mcg	0%
Calcium 355mg	25%
Iron 5mg	30%
Potassium 444mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:
Pinto Beans [organic pinto beans, water, sea salt, calcium chloride], **Corn**, **Green Kale**, **Cotija Cheese** [cultured pasteurized grade A milk and skim milk, sea salt and enzymes], **Jasmine Rice** [jasmine rice], **Garlic**, **Grape Tomatoes**, **Creamy Chimichurri** (Yellow Onions, Parsley, Cilantro, Garlic, Dried Oregano, Sea Salt, Black Pepper, Crushed Red Pepper Flakes, Apple Cider Vinegar [raw and unfiltered organic apple cider vinegar], Sunflower Oil, Mayonnaise [organic expeller pressed soybean oil, water, organic egg yolks, organic whole eggs, organic distilled white vinegar, salt, organic white mustard (organic distilled vinegar, water, organic mustard seeds, salt, organic spices), organic lemon juice concentrate], Lemon Juice [lemon]), **Bell Peppers**

Allergen information:
Contains Egg, Soy And Milk

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.