



**GREEN
CHEF**

PLANT-BASED PROTEIN FLAUTAS

with corn & red peppers, refried black beans, guacamole, Cholula

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

1070

MENU

VEGAN

These Mexican-inspired flautas are savory, packed with protein — and vegan! Our secret? A flavorful filling made from plant-based protein. Seasoned with a chili, cumin, and paprika blend, it's cooked with roasted red peppers and corn before being rolled into flour tortillas and pan-seared to a golden brown. Refried black beans and a dollop of guacamole add rich creaminess to every bite.

INGREDIENTS (12 ITEMS)

9 oz **Ground plant-based protein** W S T
 2 ¼ tsp **Chili, cumin & paprika blend**
 1 ½ oz **Corn**
 1 oz **Roasted red peppers**
 2 ½ oz **Yellow onions**
 6 whole **Flour tortillas** W
 13 ¼ oz **Black beans**
 2 oz **Guacamole**
 1 whole **Roma tomato**
 1 whole **Lime**
 1 tsp **Cholula sauce**
 1 whole **Mushroom stock concentrate**

WHAT YOU'LL NEED

small pot
 large nonstick pan
 mixing bowls
 measuring cup & spoons
 strainer
 potato masher
 thermometer
 cooking oil
 salt & pepper

ALLERGENS

W WHEAT
S SOY
T TREE NUTS (coconut)



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

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 help.greenchef.com for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 PREP

- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Quarter **lime**.
- Open **black beans**. Drain about ¼ cup of the **bean liquid** into a liquid measuring cup. Strain and rinse **beans**.

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 MAKE GUACAMOLE

- Place **guacamole** and **tomato** in a small bowl. Squeeze juice from one **lime wedge** over bowl. Season with salt and pepper. Stir to combine.

3 MAKE REFRIED BEANS

- Heat about 1 tablespoon cooking oil in a small pot over medium-high heat. Add **beans** to hot pan. Cook 2–3 minutes, or until beans are warmed through, stirring occasionally.
- Add about ¼ cup water and reserved **bean liquid**. Bring to a simmer, then reduce heat to low. Cook 3–4 minutes, or until liquid is reduced by about half, stirring occasionally. Remove from heat.
- Mash **beans** with a potato masher (or fork) into a smooth consistency. Season with about ¼ teaspoon salt and a pinch of pepper.

4 MAKE FILLING

- Heat about 1 tablespoon cooking oil in a large nonstick pan over medium-high heat. Add **yellow onions** to hot pan. Season with salt and pepper. Cook 4–5 minutes, or until onions begin to soften, stirring occasionally.
- Add **ground plant-based protein** and **mushroom stock concentrate**. Season with **chili, cumin, and paprika blend**. Stir to combine. Cook 1–2 minutes, or until spice blend is fragrant, stirring occasionally.
- Add **corn, roasted red peppers**, and about 2 tablespoons water. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 2–3 minutes, or until plant-based protein is fully cooked* and liquid is reduced, stirring occasionally.** Transfer **filling** to a large bowl. Wipe out pan.

*Plant-based protein is fully cooked when internal temperature reaches 165 degrees.

**Be sure to scrape up any browned bits in the bottom of the pan as you stir — those unassuming specks are full of concentrated flavor and will add additional richness to your filling.

5 BUILD FLAUTAS

- Place about ¼ cup of the **filling** in the center of each **flour tortilla**.* Roll **tortillas** to enclose filling, making a total of six flautas.

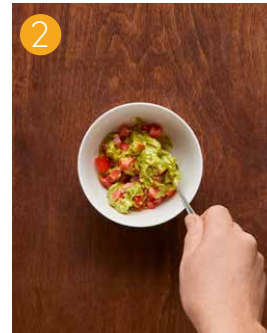
*If there's excess filling after building the flautas, reserve it in the bowl for Step 7.

6 COOK FLAUTAS

- Heat about 1 tablespoon cooking oil in pan used for filling over medium-high heat. Add three of the **flautas** to hot pan, seam-sides down. Cook 1–2 minutes on each side, or until golden brown. Transfer **flautas** to a paper towel-lined plate.
- Repeat process with remaining flautas.

7 PLATE YOUR DISH

- Divide **refried black beans** between plates. Top with **flautas** and any excess **filling**. Spoon **guacamole** over flautas. Drizzle with **Cholula sauce** to taste. Garnish with remaining **lime wedges**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (626g)

Amount per serving

Calories 1070

	% Daily Value*
Total Fat 49g	63%
Saturated Fat 16g	80%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2270mg	99%
Total Carbohydrate 109g	40%
Dietary Fiber 10g	36%
Total Sugars 6g	
Includes 1g Added Sugars	2%
Protein 48g	
Vitamin D 0mcg	0%
Calcium 207mg	15%
Iron 7mg	40%
Potassium 918mg	20%

* 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:

Ground Plant-Based Protein [53% rehydrated textured vegetable proteins (water, wheat gluten, soy flour, soy protein), water, coconut fat, wheat gluten, sunflower oil, soy protein, pea starch, tomato purée, salt (see salt, salt), herbs and spices, mushroom powder, sugar, red beetroot concentrate, bamboo fiber, vinegar, vinegar powder, modified maize starch, flavourings, yeast extract, preservative (potassium sorbate), emulsifier (methyl cellulose), food acid (potassium lactate, citric acid)], **Black Beans** [black beans, water, salt, firming agent: calcium chloride], **Corn, Yellow Onions, Flour Tortillas** [wheat flour (unbleached wheat flour, niacin, iron thiamin mononitrate, riboflavin, enzyme, folic acid), water, vegetable shortening (palm oil), salt, mono- and diglycerides, calcium propionate, vital wheat gluten, rice flour, sugar, sodium bicarbonate, fumaric acid, sorbic acid, sodium aluminum sulfate, sodium aluminum phosphate, guar gum, cmc gum, enzymes (wheat starch, microcrystalline cellulose), sodium metabisulfite], **Guacamole** [hass avocados, distilled vinegar, contains 2% or less of water, jalapeño peppers, salt, dehydrated onion, granulated garlic.], **Roma Tomatoes, Cholula Sauce** [water, peppers (arbol & piquin), salt, vinegar, spices, xanthan gum], **Lime, Chili, Cumin & Paprika Blend** (Smoked Paprika, Sweet Paprika, Ground Cumin, Dried Oregano, Ground Coriander, Granulated Garlic, Chili Powder), **Mushroom Stock Concentrate** [mushroom juice concentrate, maltodextrin, salt, natural flavor, sugar, yeast extract, and xanthan gum], **Roasted Red Peppers** [roasted red pepper, water, citric acid, sea salt]

Allergen information:

Contains Wheat, Soy And Tree Nuts

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.