



**GREEN
CHEF**

SOUTHERN BARBECUE BEANS

homemade corn pudding muffins, smoky collards with apple & pecans

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

1110

MENU

VEGAN

Who can resist the rustic goodness of Southern comfort food? For these veggie-centric barbecue plates, we've simmered paprika-spiced pinto beans in a tangy-sweet barbecue sauce, then served them with corn pudding muffins (fresh out of the oven and dusted with salted sugar). A side of sautéed collards tossed with apple slices, pecans, and applewood-smoked sea salt, rounds out the cozy dinner.

INGREDIENTS (13 ITEMS)

½ oz **Chia seeds**
 1 whole **Yellow onion**
 15½ oz **Pinto beans**
 1 whole **Gala apple**
 ¾ oz **Collard greens**
 ½ oz **Pecans** T
 1½ oz **Corn**
 4 oz **Coconut cream with corn** T
 ½ cup **Sweetened cornmeal**
 ½ cup **Flour** W
 1½ tsp **Smoky paprika & onion blend**
 3½ oz **Mild barbecue sauce**
 ½ tsp **Applewood-smoked sea salt**

WHAT YOU'LL NEED

small pot
 large sauté pan
 muffin tin
 mixing bowls
 measuring cup & spoons
 strainer
 oven mitt
 cooking & olive oils
 1 tsp white sugar
 salt & pepper

ALLERGENS

T TREE NUTS (coconut, pecans)
W WHEAT



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

1

PREP

- Preheat oven to 350 degrees.
- Combine **chia seeds** and about 3 tablespoons water in a medium bowl. Let soak about 5 minutes, or until water is absorbed.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Medium dice remaining half into pieces, about ½ inch each.
- Open **pinto beans** and drain about ¼ cup of the **bean liquid** into a liquid measuring cup. Strain and rinse **beans**.
- Stand **Gala apple** upright and cut off sides around core; discard core. Lay sides flat and cut lengthwise into slices, about ¼ inch thick.
- Remove and discard any thick center stems from **collard greens**. Roughly chop leaves into bite-size pieces.
- Roughly chop **pecans** if necessary.

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 SALTED SUGAR

- Place ½ teaspoon white sugar and a pinch of salt in a small bowl. Stir to combine.

3 MAKE MUFFIN BATTER

- Add **corn**, **coconut cream with corn**, about 2 tablespoons olive oil, and about 2 tablespoons water to bowl with **chia seeds**. Stir to combine.
- Add **sweetened cornmeal**, **flour**, about ¼ teaspoon salt, and about ¼ teaspoon pepper. Stir to combine. Gently fold and compress the **batter** until cohesive, 1-2 minutes.

4 BAKE MUFFINS

- Lightly coat six cups of a muffin tin with cooking oil. Divide **batter** among cups. Bake 20-25 minutes, or until muffins are cooked through.*
- Sprinkle **salted sugar** over tops of **muffins**.

**To check for doneness, stick a toothpick (or the tip of a knife) into the center of one of the muffins. If it comes out clean, it means the muffins are cooked through!*

5 COOK BEANS

- Heat about 1½ tablespoons cooking oil in a small pot over medium-high heat. Add **onion** to hot pot. Lightly season with salt. Cook 3-4 minutes, or until translucent, stirring occasionally.
- Add **beans**. Season with about half of the **smoky paprika and onion blend**, about ¼ teaspoon salt, and a pinch of pepper. Stir to combine. Cook 1-2 minutes, or until fragrant, stirring occasionally.
- Add **mild barbecue sauce** and about 2 tablespoons of the reserved **bean liquid**. Stir to combine. Reduce heat to medium-low. Simmer 6-8 minutes, or until sauce is slightly thickened, stirring occasionally.

6 COOK APPLE & COLLARDS

- Heat about 2 tablespoons cooking oil in a large sauté pan over medium heat. Add **apple** to hot pan. Season with remaining **spice blend** and ½ teaspoon white sugar. Cook 3-4 minutes, or until apple softens, stirring occasionally.
- Reduce heat to medium-low. Add **collards** and about 2 tablespoons water. Cook 3-4 minutes, or until collards are tender, stirring occasionally.
- Remove from heat. Add **pecans**. Season with **applewood-smoked sea salt** and pepper to taste.* Stir to combine.

**Taste the collards after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious final product.*

7 PLATE YOUR DISH

- Divide **Southern barbecue beans** between plates. Serve **corn pudding muffins** and **smoky collards with apple and pecans** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (613g)

Amount per serving

Calories **1110**

	% Daily Value*
Total Fat 51g	65%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1650mg	72%
Total Carbohydrate 142g	52%
Dietary Fiber 16g	57%
Total Sugars 51g	
Includes 2g Added Sugars	4%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 175mg	15%
Iron 7mg	40%
Potassium 1116mg	25%

* 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 (firming agent)], **Yellow Onion**, **Barbecue Sauce** [tomato puree (filtered water, tomato paste), sugar, white vinegar, molasses, natural hickory smoke flavor, salt, corn starch, Worcestershire sauce (white vinegar, molasses, filtered water, sugar, sea salt, caramel color, garlic powder, spices, cayenne pepper, black pepper, xanthan gum), caramel color, onion powder, garlic powder, ground red peppers, xanthan gum], **Smoky Paprika & Onion Blend** (Smoked Paprika, Onion Powder, Sweet Paprika, Black Pepper), **Collard Greens**, **Applewood-Smoked Sea Salt**, **Gala Apple**, **Pecans** [pecans, canola and/or peanut and/or sunflower oil], **Flour** [wheat flour, enzyme added for improved baking, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], **Chia Seeds** [chia seeds], **Corn** [corn], **Coconut Cream With Corn** (Corn [corn], Coconut Milk [organic coconut, coconut extract, water, organic guar gum], Lemon Juice [lemon], Ascorbic Acid [ascorbic acid], Granulated Garlic), **Cornmeal** [whole grain yellow corn meal], **Baking Soda** [sodium bicarbonate], **Cane Sugar** [organic raw sugar]

Allergen information:

Contains Tree Nuts And Wheat

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.