



**GREEN
CHEF**

REFRIED BEAN & PEPPER QUESADILLAS

cilantro-lime aioli, tomato-scallion salsa, guacamole

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

1000

MENU

VEGAN

These quesadillas are creamy, crispy—and, surprisingly, vegan! Instead of cheese, we've layered soft flour tortillas with homemade spiced refried beans and sautéed peppers and onion, then toasted them in a hot skillet. Want to customize your meal? You've got some irresistible options: A rich, vegan cilantro-lime aioli, a fresh tomato-scallion salsa, and a ready-to-dollop guacamole are yours for the topping.

INGREDIENTS (12 ITEMS)

13¼ oz	Black beans
1 whole	Scallion
1 whole	Lime
1 unit	Green bell pepper
1 whole	Yellow onion
1 whole	Roma tomato
1 whole	Vegetable stock concentrate
1 tsp	Chili, cumin & paprika blend
2¼ oz	Roasted red peppers
2 whole	Flour tortillas <small>W</small>
2¼ oz	Vegan cilantro-lime aioli
2 oz	Guacamole

WHAT YOU'LL NEED

small pot
large nonstick pan
mixing bowls
measuring cup & spoons
strainer
microplane
potato masher
cooking & olive oils
salt & pepper

ALLERGENS

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

- Open **black beans**. Drain about ¼ cup **bean liquid** into a liquid measuring cup. Strain and rinse **beans**.
- Thinly slice **scallion**; discard root end. Separate **white ends** and **green tops**.
- Zest half of the **lime** with a microplane (or on small holes of a box grater) over a small bowl. Quarter **lime**.
- Small dice **green bell pepper*** into pieces, about ¼ inch each.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- Small dice **Roma tomato** into pieces, about ¼ inch each.

**The ingredient you received may be a different color.*

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 REFRIED BEANS

- Heat about 1 tablespoon cooking oil in a small pot over medium-high heat. Add **beans** and **scallion whites**. Cook 2–3 minutes, or until scallion whites are slightly softened, stirring occasionally.
- Add **vegetable stock concentrate** and reserved **bean liquid**. Cook 1–2 minutes, or until liquid is warmed through, stirring occasionally. Remove from heat.
- Add **lime zest**, about half of the **chili, cumin, and paprika blend**, and about 1 tablespoon cooking oil. Stir to combine.
- Mash **beans** with a potato masher (or fork) into a mostly smooth consistency. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine.

3 MAKE VEGGIE FILLING

- Heat about 1½ tablespoons cooking oil in a large nonstick pan over medium-high heat. Add **bell pepper, onion, and roasted red peppers** to hot pan. Season with remaining **chili, cumin, and paprika blend**, about ½ teaspoon salt, and a pinch of pepper. Cook 4–5 minutes, or until onion is translucent, stirring occasionally.
- Remove from heat. Transfer **veggie filling** to a medium bowl. (Wipe out pan; reserve.)

4 MAKE SALSA

- Place **tomato, scallion greens**, juice from two **lime wedges**, and about 1 tablespoon olive oil in a second medium bowl. Season with about ¼ teaspoon salt. Stir to combine.

5 FILL TORTILLAS

- Place **flour tortillas** on a clean work surface. On one side of each tortilla, layer about half of the **refried beans** and about half of the **veggie filling**. Fold **tortillas** in half.

6 MAKE QUESADILLAS

- Heat about 1½ tablespoons cooking oil in pan used for veggie filling over medium-high heat. Add **filled tortillas** to hot pan. Cook 2–4 minutes on each side, or until tortillas are golden brown.

7 PLATE YOUR DISH

- Cut **quesadillas** into three wedges each.
- Divide **refried bean and veggie quesadillas** between plates. Drizzle with **vegan cilantro-lime aioli** to taste. Serve **tomato-scallion salsa, guacamole**, and remaining **lime wedges** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (598g)

Amount per serving

Calories 1000

	% Daily Value*
Total Fat 71g	91%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2090mg	91%
Total Carbohydrate 79g	29%
Dietary Fiber 25g	89%
Total Sugars 10g	
Includes 1g Added Sugars	2%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 180mg	15%
Iron 6mg	35%
Potassium 1252mg	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:

Black Beans [black beans, water, salt], **Bell Peppers**, **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**, **Scallions**, **Lime**, **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Cilantro-Lime Aioli** (Cilantro, Granulated Garlic, Vegan Mayonnaise [sunflower oil, aquafaba (water, chickpea, kombu seaweed), distilled vinegar, salt, sugar, lemon juice, white pepper], Lime Juice [lime], Sea Salt), **Chili, Cumin & Paprika Blend** (Smoked Paprika, Sweet Paprika, Ground Cumin, Dried Oregano, Ground Coriander, Granulated Garlic, Chili Powder), **Roasted Red Peppers** [bell pepper], **Yellow Onion**

Allergen information:

Contains 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.