



**GREEN  
CHEF**

## MEXICAN PINTO BEAN “MEATBALLS”

*Vegan chipotle aioli, jasmine rice, slaw with tomatoes & pepitas*

### COOK TIME

40 MIN

### SERVINGS

2

### CALORIES PER SERVING

1110

### MENU

VEGAN

Move aside, spaghetti and marinara.

Meatballs get a Mexican-inspired update in this creative and colorful dish. Hearty pinto beans are mashed with chia seeds, creamy chipotle aioli, and a paprika-parsley spice blend for a flavor boost, then rolled into balls and quickly refrigerated to set. The “meatballs” (Oh yeah, this dish is also vegan!) are then roasted to golden-brown perfection and served over savory, spiced jasmine rice. On the side, rather than a paltry mix of mesclun greens, there’s a bright and zesty cabbage and carrot slaw. Psst, a shower of crunchy pepitas beats out cheese any day.



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.

### INGREDIENTS (12 ITEMS)

½ oz	<b>Chia seeds</b>
15 ½ oz	<b>Pinto beans</b>
1 whole	<b>Roma tomato</b>
1 whole	<b>Lime</b>
½ cup	<b>Breadcrumbs</b> <small>W</small>
1 ¾ tsp	<b>Paprika-parsley spice blend</b>
1 tbsp	<b>Cornstarch</b>
5 ¼ oz	<b>Vegan chipotle aioli with lime</b>
3 ½ oz	<b>Spiced vegetable broth</b> <small>T</small>
½ cup	<b>Jasmine rice</b>
½ oz	<b>Pepitas</b>
5 ½ oz	<b>Cabbage &amp; carrots</b>

### WHAT YOU’LL NEED

small pot with lid  
small sauté pan  
baking sheet  
mixing bowls  
measuring cup & spoons  
strainer  
microplane  
potato masher  
oven mitt  
cooking & olive oils  
salt & pepper

### ALLERGENS

- W WHEAT
- T TREE NUTS (coconut)

Wash and dry fresh produce. Go to [greenchef.com/faq](https://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 400 degrees.
- Combine **chia seeds** and about 3 tablespoons water in a large bowl. Let soak at least 5 minutes, or until water is absorbed.
- Strain and rinse **pinto beans**.
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Zest whole **lime** with a microplane (or on small holes of a box grater) over a medium bowl. Quarter **lime**.

## 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 MIXTURE

- Add **beans** to bowl with **chia seeds**. Mash with a potato masher (or fork) into a chunky purée. Add **breadcrumbs**, **paprika-parsley spice blend**, **cornstarch**, and about 1 tablespoon of the **vegan chipotle aioli with lime**. Lightly season with salt and pepper. Mix thoroughly to form a cohesive mixture.

# 3

## FORM "MEATBALLS"

- Form **mixture** into 15-17 balls, about 1 inch in diameter.
- Place "**meatballs**" on a plate. Transfer to refrigerator. Let set about 5 minutes.

# 4

## COOK RICE

- Bring **spiced vegetable broth**, ¾ cup water, and about ¼ teaspoon salt to a boil in a small pot. Add **jasmine rice**. Stir. Return to a boil, then reduce heat to medium-low. Cover pot with lid. Simmer 16-18 minutes, or until rice is tender and liquid is absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork.

# 5

## ROAST "MEATBALLS"

- Place "**meatballs**" on a lightly oiled, foil-lined baking sheet. Roast 15-20 minutes, or until lightly browned.

# 6

## TOAST PEPITAS

- Heat about 1 tablespoon cooking oil in a small sauté pan over medium heat. Add **pepitas** to hot pan. Season with salt and pepper. Cook 2-3 minutes, or until lightly toasted, stirring occasionally. Remove from heat.

# 7

## MAKE SLAW

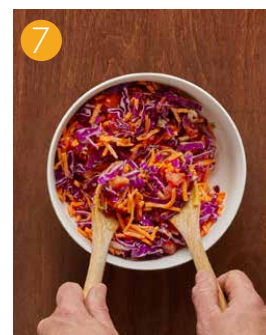
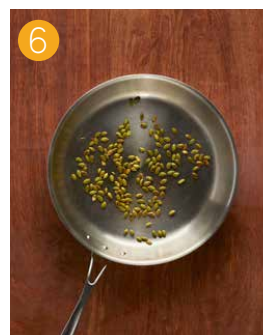
- Roughly chop **cabbage\*** and **carrots** if necessary.
- Add **cabbage and carrots** and **tomato** to bowl with **lime zest**. Drizzle with about 1 tablespoon olive oil. Squeeze juice from 1-2 **lime wedges** over bowl. Salt and pepper to taste. Toss to combine.

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

# 8

## PLATE YOUR DISH

- Divide **rice** between plates. Top with **pinto bean "meatballs."** Drizzle with remaining **chipotle aioli** to taste. Pile **slaw** next to rice. Garnish with **toasted pepitas**. Serve with remaining **lime wedges**. Enjoy!





## Nutrition Facts

2 Servings per container

**Serving size** (636g)

**Amount per serving**

**Calories** **1110**

	% Daily Value*
<b>Total Fat</b> 64g	82%
Saturated Fat 5g	25%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 1710mg	74%
<b>Total Carbohydrate</b> 117g	43%
Dietary Fiber 19g	68%
Total Sugars 6g	
Includes 0g Added Sugars	0%
<b>Protein</b> 22g	
Vitamin D 0mcg	0%
Calcium 215mg	15%
Iron 7mg	40%
Potassium 463mg	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:

**Pepitas** [pumpkin seed kernels], **Jasmine Rice** [jasmine rice], **Spiced Vegetable Broth** (Vegetable Broth [water, organic carrots, organic onions, organic celery, organic tomatoes, organic tomato paste, organic garlic, organic leeks, organic cane sugar, sea salt, organic bay leaves, organic parsley, organic thyme, organic molasses, organic carrot powder, organic onion powder, organic spices, organic expeller pressed canola and/or safflower and/or sunflower oil, organic flavoring, organic spices, organic potato flour, organic expeller pressed canola and/or safflower and/or sunflower oil], Granulated Garlic, Ground Cumin, Dried Oregano, Chili Powder, Cocoa Powder [organic cocoa powder, non-alkaline processing], Sea Salt, Cinnamon, Smoked Paprika, Coconut Nectar [coconut tree sap], Red Wine Vinegar [aged red wine vinegar]), **Lime**, **Roma Tomatoes**, **Red Cabbage**, **Carrots**, **Pinto Beans** [organic pinto beans, water, sea salt, calcium chloride], **Chia Seeds** [chia seeds], **Breadcrumbs** [bleached wheat flour, yeast, sugar, salt], **Cornstarch** [cornstarch], **Paprika-Parsley Spice Blend** (Minced Dehydrated Onion, Dried Parsley, Ground Cayenne Pepper, Smoked Paprika, Sea Salt), **Chipotle-Lime Aioli** (Vegan Mayonnaise [sunflower oil, aquafaba (water, chickpea, kombu seaweed), distilled vinegar, salt, sugar, lemon juice, white pepper], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Sweet Paprika, Smoked Paprika, Ground Chipotle Pepper, White Pepper, Granulated Garlic, Lime Juice [lime], Sea Salt)

### 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.*