



VEGGIE & BEAN STUFFED PEPPERS

creamy chimichurri sauce, rice with roasted tomatoes

COOK TIME
35 MIN

SERVINGS
2

CALORIES PER SERVING
950

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, tender bell pepper halves are stuffed with sautéed pinto beans, corn, and green kale, then topped with crumbly cotija and quickly roasted to turn the cheese deliciously melty. A drizzle of our parsley and cilantro chimichurri sauce adds herby richness, while garlicky jasmine rice dotted with juicy roasted tomatoes acts as a delicious vehicle for catching any runaway chimichurri.

INGREDIENTS (9 ITEMS)

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

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

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

Validated
Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot 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 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.
- Stir in **jasmine rice** and 1 cup water. 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. (You'll finish the rice in Step 6.)

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 PREP

- Halve **red bell pepper*** lengthwise. Discard seed pod and stem.
- 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**.

*The ingredient you received may be a different color.

3 SEASON & ROAST BELL PEPPER

- Place **bell pepper** 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.
- Roast 10-12 minutes, or until just tender.

4 MAKE FILLING

- Heat about 1½ 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 has lightly browned, stirring occasionally.
- Add **kale**. Cook 1-2 minutes, or until kale has slightly wilted, stirring occasionally.
- Remove from heat. Drizzle with about half of the **creamy parsley and cilantro chimichurri**. Stir to coat.

5 STUFF PEPPERS & 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. Drizzle with about 1 tablespoon cooking oil. Season with salt and pepper. Stir to coat.
- Roast 4-6 minutes, or until cheese has 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. Stir to combine. Season with salt and pepper to taste.

7 PLATE YOUR DISH

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



Nutrition Facts

2 Servings per container

Serving size (556g)

Amount per serving

Calories **950**

	% Daily Value*
Total Fat 54g	69%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 1280mg	56%
Total Carbohydrate 99mg	36%
Dietary Fiber 12g	43%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 176mg	15%
Iron 4mg	20%
Potassium 1152mg	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)], **Corn** [corn], **Green Kale**, **Cotija Cheese** [pasteurized milk, salt, cheese cultures, enzymes, anti-caking agent [potato starch, corn starch, cellulose, natamycin (an all natural mold inhibitor)]], **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 [apple cider vinegar], Sunflower Oil [high oleic 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.