



**GREEN
CHEF**

CHEESY BLACK BEAN ENCHILADA SKILLET

green bell pepper, pickled corn, sour cream, tortilla chips

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

960

MENU

VEGETARIAN

Think you can't create a hearty, flavorful, veggie-packed feast with only one skillet and 30 minutes? Think again! Here, all the enchilada fillings you love are transformed into a bowl with layers of flavor and texture. First, black beans and tender bell pepper and onion are mixed with spiced enchilada sauce. Next, toasty tortilla chips are stirred in, and everything is blanketed in Monterey Jack and cheddar. It's baked until melty, then topped with pickled corn and sour cream for bite after bite of enchilada-inspired deliciousness.



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 (11 ITEMS)

1 whole **Lime**
1 unit **Green bell pepper**
1 whole **Red onion**
13¼ oz **Black beans**
½ tsp **Crushed red pepper flakes**
2¾ oz **Corn**
6 whole **Flour tortillas** W
7¾ oz **Spiced enchilada sauce** T
2 oz **Monterey Jack cheese** M
2 oz **Cheddar cheese** M
2 oz **Sour cream** M

WHAT YOU'LL NEED

small pot
large oven-safe sauté pan
baking sheet
medium bowl
measuring cup & spoons
strainer
oven mitt
cooking oil
1 tbsp sweetener
salt & pepper

ALLERGENS

W WHEAT
T TREE NUTS (coconut)
M MILK

Wash and dry fresh produce. Go to [greenchef.com/faq](https://www.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.
- Quarter **lime**.
- Medium dice **green bell pepper*** into pieces, about ½ inch each.
- Cut ends off **red onion** and discard peel. Halve lengthwise; save one half for another use. Medium dice remaining half into pieces, about ½ inch each.
- Strain and rinse **black beans**.

**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 PICKLE CORN

- Squeeze juice from **lime wedges** into a small pot. Add about ¼ cup water, about 1 tablespoon of your preferred sweetener, and **crushed red pepper flakes*** to taste. Bring to a boil over medium-high heat.
- Add **corn**. Cook 3–4 minutes, or until liquid has slightly reduced, stirring occasionally.
- Remove from heat. Set aside.

**If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.*

3 MAKE TORTILLA CHIPS

- Stack **flour tortillas** on a cutting board. Quarter **tortillas**.
- Place **tortilla wedges** in a medium bowl. Drizzle with 1–2 teaspoons cooking oil. Season with salt and pepper. Gently toss to coat.
- Spread **tortilla wedges** out in a single layer on a lightly oiled, foil-lined baking sheet. Toast 8–10 minutes, or until crispy.

4 COOK VEGGIES

- Heat about 1½ tablespoons cooking oil in a large oven-safe sauté pan over medium heat. Add **bell pepper** and **onion** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3–4 minutes, or until veggies begin to soften, stirring occasionally.

5 ADD BEANS

- Add **beans** to pan with **veggies**. Season with about ¼ teaspoon salt and a pinch of pepper. Cook about 3 minutes, or until beans are warmed through, stirring occasionally.

6 FINISH & BAKE SKILLET

- Add **spiced enchilada sauce** and about ¼ cup water to pan with **veggies and beans**. Cook 1–2 minutes, or until sauce is warmed through, stirring occasionally.
- Remove from heat. Crumble about half the **tortilla chips** over pan. Sprinkle **Monterey Jack cheese** and **cheddar cheese** over top.
- Transfer pan to oven. Bake 2–3 minutes, or until cheese melts.*

**To keep your hands safe, slide a silicone cover (or pot holder) over the handle of the hot pan once it comes out of the oven.*

7 PLATE YOUR DISH

- Divide **cheesy black bean enchilada skillet** between bowls. Dollop with **sour cream**. Garnish with **pickled corn**. Serve remaining **tortilla chips** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (676g)

Amount per serving

Calories 960

| | % Daily Value* |
|--------------------------------|----------------|
| Total Fat 43g | 55% |
| Saturated Fat 18g | 90% |
| Trans Fat 0g | |
| Cholesterol 75mg | 25% |
| Sodium 2260mg | 98% |
| Total Carbohydrate 104g | 38% |
| Dietary Fiber 13g | 46% |
| Total Sugars 22g | |
| Includes 7g Added Sugars | 14% |
| Protein 34g | |
| Vitamin D 0mcg | 0% |
| Calcium 631mg | 50% |
| Iron 7mg | 40% |
| Potassium 1344mg | 30% |

* 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 [organic black beans, water, sea salt, calcium chloride (firming agent)], **Spiced Enchilada Sauce** (Diced Tomatoes [organic tomatoes, organic tomato juice, sea salt, calcium chloride, citric acid], Garlic, Red Onions, Dried Mustard, Black Pepper, Chili Powder [chili pepper, paprika, oregano, cumin, garlic, salt, spices], Ground Tomatoes [organic tomatoes, organic tomato puree, sea salt, citric acid], Apple Cider Vinegar [apple cider vinegar], Lime Juice [lime], Ground Cumin, Ground Coriander, Tomato Paste [vine ripened organic tomatoes], Sea Salt, Coconut Nectar [coconut tree sap]), **Monterey Jack Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Sharp Cheddar Cheese** [part-skim milk, cheese cultures, salt, enzymes, annatto, anti caking agent (potato starch powdered cellulose, natamycin)], **Sour Cream** [cultured cream], **Corn** [corn], **Red Onion**, **Lime**, **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], **Crushed Red Pepper Flakes**

Allergen information:

Contains Wheat, Milk 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.