



**GREEN
CHEF**

ENCHILADA-SPICED TURKEY BOWLS

cumin rice, bell pepper, crema, pepitas, Monterey Jack

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

680

MENU

GLUTEN-FREE // FAST & FIT

These bowls feature earthy, savory cumin in four different ways. First, cumin seed is added to rice for a mild, seedy crunch. Next, it's featured in the spiced enchilada sauce that enriches ground turkey. Sautéed bell pepper and onion are seasoned with a smoky paprika-cumin blend for another dash of warm flavor. Finally, there's a drizzle of smoky crema—seasoned with the same spice blend—on top, along with rich Monterey Jack, complex Cholula, and crunchy pepitas.



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



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.

INGREDIENTS (12 ITEMS)

½ cup **Jasmine rice**
¼ tsp **Cumin seeds**
1 whole **Yellow onion**
1 unit **Green bell pepper**
½ oz **Pepitas**
2 oz **Sour cream** **M**
1¼ tsp **Smoky paprika-cumin blend**
10 oz **Ground turkey***
2¼ oz **Spiced enchilada sauce** **T**
1 whole **Vegetable stock concentrate**
1 tsp **Cholula sauce**
1 oz **Monterey Jack cheese** **M**

WHAT YOU'LL NEED

small pot with lid
medium & large sauté pans
small bowl
measuring cups & spoons
thermometer
cooking oil
salt & pepper

ALLERGENS

M MILK
T TREE NUTS (coconut)

*Ground turkey is fully cooked when internal temperature reaches 165°.

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry may increase your risk of foodborne illness. 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 COOK RICE

- Bring **jasmine rice**, 1 cup water, and ¼ teaspoon salt to a boil in a small pot. Stir, then reduce heat to medium low and cover pot with lid. Simmer 16-18 minutes, or until rice is tender and water has absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork.
- Add a pinch of **cumin seeds**. Stir to combine. Season with salt and pepper to taste.

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

- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Slice remaining half into strips, about ¼ inch thick.
- Cut **green bell pepper*** lengthwise into strips, about ¼ inch thick.

*The ingredient you received may be a different color.

3 TOAST PEPITAS

- Place **pepitas** in a dry, large sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **pepitas** to a plate. (Reserve pan.)

4 MAKE CREMA

- Place **sour cream** in a small bowl. Add about half the **smoky paprika-cumin blend** and about 1 tablespoon water. Stir to combine. Season with salt and pepper to taste.

5 COOK TURKEY

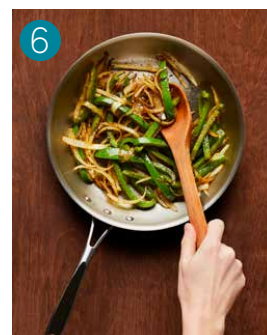
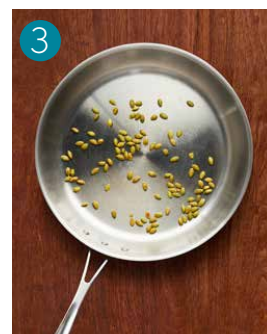
- Heat 1 tablespoon cooking oil in pan used for pepitas over medium heat. Add **ground turkey** to hot pan. Cook 4-5 minutes, or until lightly browned, breaking up **turkey** into pieces.
- Add **spiced enchilada sauce**, **vegetable stock concentrate**, and about ¼ cup water. Cook 2-3 minutes, or until sauce has slightly thickened and turkey is fully cooked, stirring occasionally. Season with salt and pepper to taste.

6 SAUTÉ VEGGIES

- Heat 2 teaspoons cooking oil in a medium sauté pan over medium-high heat. Add **bell pepper** and **onion** to hot pan. Season with salt, pepper, and remaining **smoky paprika-cumin blend**. Cook 3-5 minutes, or until veggies begin to soften, stirring occasionally.

7 PLATE YOUR DISH

- Divide **cumin rice** between bowls. Top with **enchilada-spiced turkey** and **sautéed veggies**. Drizzle with **crema** and **Cholula sauce** to taste (or omit). Garnish with **Monterey Jack cheese** and **pepitas**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (411g)

Amount per serving

Calories 680

	% Daily Value*
Total Fat 34g	44%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 960mg	42%
Total Carbohydrate 57g	21%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 1g Added Sugars	2%
Protein 42g	
Vitamin D 1mcg	6%
Calcium 159mg	10%
Iron 3mg	15%
Potassium 779mg	15%

* 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:

Ground Turkey [turkey], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Jasmine Rice** [jasmine rice], **Ground Cumin**, **Yellow Onion**, **Bell Peppers**, **Pepitas** [pumpkin seed kernels], **Monterey Jack Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Sour Cream** [cultured cream], **Cholula Sauce** [water, peppers (arbol & piquin), salt, vinegar, garlic powder, spices, xanthan gum], **Smoky Paprika-Cumin Blend** (Dried Oregano, Ground Cumin, Ground Coriander, Smoked Paprika, Granulated Garlic, Onion Powder), **Spiced enchilada sauce** (Diced Tomatoes [organic tomatoes, organic tomato juice, sea salt, calcium chloride, citric acid], Ground Tomatoes [organic tomatoes, organic tomato puree, sea salt, citric acid], Tomato Paste [vine ripened organic tomatoes], Garlic, Yellow Onions, Apple Cider Vinegar [apple cider vinegar], Lime Juice [lime], Coconut Nectar [coconut tree sap], Dried Mustard, Black Pepper, Chili Powder [chili pepper, paprika, oregano, cumin, garlic, salt, spices], Ground Cumin, Ground Coriander, Sea Salt)

Allergen information:

Contains Tree Nuts 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.