



**GREEN
CHEF**

BLACK BEAN & CORN BURRITO BOWLS

tomato-cilantro rice, bell pepper, guacamole, Monterey Jack

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

660

MENU

VEGETARIAN // GLUTEN-FREE
// FAST & FIT

Tonight's bowls are inspired by the spicy, rich, and tangy flavors of veggie burritos. Bell pepper, onion, black beans, and corn are sautéed with a cumin, coriander, and oregano spice blend, then spooned over tender tomato-cilantro rice. On top, you get your choice of fixins: creamy guacamole, punchy tomato salsa with cilantro, spicy Cholula sauce, and savory Monterey Jack cheese. Drizzle, dollop, or layer the toppings in your bowl however you like—you're the chef, after all!

INGREDIENTS (11 ITEMS)

½ cup **Jasmine rice**
2 whole **Vegetable stock concentrates**
1 unit **Green bell pepper**
1 whole **Yellow onion**
13¼ oz **Black beans**
2¾ oz **Corn**
1 tbsp **Cumin, coriander & oregano**
6 oz **Tomato salsa with cilantro**
4 oz **Guacamole**
1 tsp **Cholula sauce**
1 oz **Monterey Jack cheese** M

WHAT YOU'LL NEED

small pot with lid
large sauté pan
measuring cup & spoons
strainer
cooking oil
salt & pepper

ALLERGENS

M MILK



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.

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 COOK RICE

- Bring **jasmine rice**, 1 cup water, one of the **vegetable stock concentrates**, 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. (You'll finish the rice in Step 5.)

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

- Medium dice **green bell pepper*** into pieces, about ½ inch each.
- Cut ends off **yellow 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.*

3 SAUTÉ VEGGIES

- Heat 1 teaspoon cooking oil in a large sauté pan over medium heat. Add **bell pepper** and **onion** to hot pan. Cook 3-4 minutes, or until onion is translucent, stirring occasionally.

4 ADD BEANS & CORN

- Add **beans**, **corn**, remaining **vegetable stock concentrate**, and about 2 tablespoons water to pan with **veggies**. Season with **cumin**, **coriander**, and **oregano**. Lightly season with salt and pepper. Cook 3-4 minutes, or until beans are warmed through, stirring occasionally.

5 FINISH RICE

- Fluff **rice** with a fork. Add about half the **tomato salsa with cilantro** to pot. Stir to combine. Season with salt and pepper to taste.

6 PLATE YOUR DISH

- Divide **tomato-cilantro rice** between bowls. Top with **black bean and corn mixture**. Garnish with **guacamole**, remaining **salsa**, and **Cholula sauce** to taste (or omit). Sprinkle with **Monterey Jack cheese**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (570g)

Amount per serving

Calories **660**

	% Daily Value*
Total Fat 19g	24%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 1720mg	75%
Total Carbohydrate 98g	36%
Dietary Fiber 14g	50%
Total Sugars 14g	
Includes 3g Added Sugars	6%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 205mg	15%
Iron 3mg	15%
Potassium 1267mg	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:

Jasmine Rice [jasmine rice], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot , celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Bell Peppers**, **Yellow Onion**, **Black Beans** [organic black beans, water, sea salt, calcium chloride (firming agent)], **Corn** [corn], **Monterey Jack Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Cholula Sauce** [water, peppers (arbol & piquin), salt, vinegar, garlic powder, spices, xanthan gum], **Guacamole** [hass avocados, distilled vinegar, contains 2% or less of water, jalapeño peppers, salt, dehydrated onion, granulated garlic.], **Tomato salsa with cilantro** (Diced Tomatoes [organic tomatoes, organic tomato juice, sea salt, calcium chloride, citric acid], Cilantro, Parsley, Yellow Onions, Lime Juice [lime], Red Wine Vinegar [aged red wine vinegar], Sea Salt, Black Pepper), **Cumin**, **Coriander & Oregano** (Ground Cumin, Ground Coriander, Dried Oregano)

Allergen information:

Contains 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.

