



**GREEN  
CHEF**

## BLACK BEAN & MUSHROOM ENCHILADAS

*green bell pepper, corn, tomato, chimichurri sauce*

### COOK TIME

45 MIN

### SERVINGS

2

### CALORIES PER SERVING

800

### MENU

VEGAN

Tonight's vegan enchiladas are positively bursting with flavorful veggies. The hearty black bean and mushroom filling is seasoned with a smoky paprika-cumin blend, imparting bold and earthy notes. That's rolled up into flour tortillas, then smothered in a richly spiced enchilada sauce and baked until warm and bubbly. The enchiladas are served under a sauté of corn, bell pepper, and tomato coated in creamy chimichurri sauce. An extra drizzle of the chimichurri adds a cooling finish.

### INGREDIENTS (9 ITEMS)

4 oz **Cremeni mushrooms**  
 13¼ oz **Black beans**  
 1 unit **Green bell pepper**  
 1 whole **Roma tomato**  
 6½ oz **Spiced enchilada sauce** <sup>T</sup>  
 2¼ tsp **Smoky paprika-cumin blend**  
 6 whole **Flour tortillas** <sup>W</sup>  
 2¾ oz **Corn**  
 1¾ oz **Creamy vegan chimichurri sauce**

### WHAT YOU'LL NEED

large sauté pan  
 medium baking dish  
 medium bowl  
 measuring cup & spoons  
 strainer  
 oven mitt  
 cooking oil  
 salt & pepper

### ALLERGENS

<sup>T</sup> TREE NUTS (coconut)  
<sup>W</sup> WHEAT



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.

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 450 degrees.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about ¼ inch thick.
- Strain and rinse **black beans**.
- Small dice **green bell pepper\*** into pieces, about ¼ inch each.
- Small dice **Roma tomato** into pieces, about ¼ inch each.

*\*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

**MAKE ENCHILADA FILLING**

- Place **spiced enchilada sauce** in a medium bowl. Add ¼ cup water. Stir to combine.
- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium heat. Add **mushrooms** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until softened, stirring occasionally.
- Add **beans** and about ¼ cup **enchilada sauce**. Season with **smoky paprika-cumin blend**. Stir to combine. Cook 3-5 minutes, or until mushrooms are fork-tender and liquid has mostly cooked off, stirring occasionally. Remove from heat.

3

**BUILD ENCHILADAS**

- Place about ¼ cup **enchilada filling** in the center of each **flour tortilla**. Roll **tortillas** to enclose filling. Wash out pan.

4

**BAKE ENCHILADAS**

- Place **enchiladas** in a medium baking dish, seam-sides down. Pour remaining **enchilada sauce** over top.
- Bake 5-7 minutes, or until sauce is bubbly and tortillas are lightly browned.

5

**SAUTÉ VEGGIES**

- Heat about 1½ tablespoons cooking oil in clean pan used for filling over medium heat. Add **bell pepper** and **corn** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 4-6 minutes, or until bell pepper softens, stirring occasionally.
- Remove from heat. Add **tomato**. Drizzle with about 1 tablespoon **creamy vegan chimichurri sauce**. Stir to combine.

6

**PLATE YOUR DISH**

- Divide **black bean and mushroom enchiladas** between plates. Top with **bell pepper, corn, and tomato mixture**. Drizzle with remaining **chimichurri sauce**. Enjoy!



# Nutrition Facts

2 Servings per container

Serving size (600g)

Amount per serving

Calories 800

|                          | % Daily Value* |
|--------------------------|----------------|
| Total Fat 39g            | 50%            |
| Saturated Fat 7g         | 35%            |
| Trans Fat 0g             |                |
| Cholesterol 0mg          | 0%             |
| Sodium 1950mg            | 85%            |
| Total Carbohydrate 89g   | 32%            |
| Dietary Fiber 13g        | 46%            |
| Total Sugars 13g         |                |
| Includes 0g Added Sugars | 0%             |
| Protein 20g              |                |
| Vitamin D 0mcg           | 0%             |
| Calcium 214mg            | 15%            |
| Iron 7mg                 | 40%            |
| Potassium 1506mg         | 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:

**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], **Black Beans** [organic black beans, water, sea salt, calcium chloride (firming agent)], **Corn** [corn], **Smoky Paprika-Cumin Blend** (Dried Oregano, Ground Cumin, Ground Coriander, Smoked Paprika, Granulated Garlic, Onion Powder), **Roma Tomatoes**, **Creamy Chimichurri** (Yellow Onions, Parsley, Cilantro, Garlic, Dried Oregano, Sea Salt, Black Pepper, Crushed Red Pepper Flakes, Apple Cider Vinegar [apple cider vinegar], Lemon Juice [lemon], Sunflower Oil [high oleic sunflower oil], Vegan Mayonnaise [sunflower oil, organic aquafaba (water, chickpeas), fair trade organic cane sugar, sea salt, distilled vinegar, water, organic lemon juice, acacia gum, xanthan gum, black pepper]), **Bell Peppers**, **Cremini Mushrooms**, **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])

**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.*