



**GREEN
CHEF**

CHIMICHURRI WHITE BEAN STUFFED PEPPERS

herby kale rice, pepitas, cilantro, cashew "Parmesan"

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

950

MENU

VEGAN // GLUTEN-FREE

The best thing about stuffed peppers? All the different ways you can stuff them! Tonight, you'll start the filling by simmering the beans in a savory broth, then season with a blend of chili, cumin, and paprika to impart smoky flavor before mashing for extra texture. The filling is piled into roasted pepper halves, sprinkled with cashew "Parmesan," and served over a bed of kale rice with a drizzle of chimichurri sauce.

INGREDIENTS (11 ITEMS)

1 whole **Yellow onion**
 ½ cup **Jasmine rice**
 2 tsp **Chili, cumin & paprika blend**
 1 unit **Red bell pepper**
 13¼ oz **Cannellini beans**
 2¾ oz **Green kale**
 ½ oz **Pepitas**
 ¼ oz **Cilantro**
 1 whole **Vegetable stock concentrate**
 2½ tbsp **Cashew "Parmesan"** ^T
 2 oz **Creamy vegan chimichurri sauce**

WHAT YOU'LL NEED

small pot
 small pot with lid
 medium sauté pan
 baking sheet
 measuring cup & spoons
 strainer
 potato masher
 oven mitt
 cooking oil
 salt & pepper

ALLERGENS

^T TREE NUTS (cashews)



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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 START PREP & COOK RICE

- Preheat oven to 425 degrees.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- Heat about 1 teaspoon cooking oil in a small pot over medium-high heat. Add half the **onion**. Season with about ¼ teaspoon salt. Cook 1-2 minutes, or until slightly softened, stirring occasionally.
- Add **jasmine rice** and half the **chili, cumin, and paprika blend**. Cook about 1 minute, or until rice is lightly toasted, stirring frequently.
- Add 1 cup water. Bring to a boil, then cover and reduce heat to medium low. 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. (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 FINISH PREP

- Halve **red bell pepper*** lengthwise. Discard seed pod and stem.
- Strain and rinse **cannellini beans**.
- Remove and discard any thick center stems from **green kale***. Roll leaves into a large "cigar" and slice across into ribbons, about ¼ inch wide.
- Roughly chop **pepitas**.
- De-stem **cilantro**; roughly chop leaves.

**The ingredient you received may be a different color.*

3 SEASON & ROAST BELL PEPPER

- Place **bell pepper halves**, cut sides down, on a lightly oiled, foil-lined baking sheet. Drizzle with about 1 tablespoon cooking oil. Season with salt and pepper. Rub to evenly coat.
- Roast 10-12 minutes, or until just tender.

4 MAKE BEAN FILLING

- Heat about 1 tablespoon cooking oil in a second small pot over medium-high heat. Add half the **beans** and remaining **onion**. Cook 2-3 minutes, or until onion is slightly softened, stirring occasionally.
- Add **vegetable stock concentrate** and 2 tablespoons water. Cook 1-2 minutes, or until liquid has mostly reduced, stirring occasionally. Remove from heat.
- Season with remaining **chili, cumin, and paprika blend**. Drizzle with about 1 tablespoon cooking oil. Stir to combine.
- Mash **bean mixture** with a potato masher (or fork) until mostly smooth.
- Add remaining **beans**. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine.

5 STUFF BELL PEPPER

- Flip **bell pepper halves**. Spoon **bean filling** into each half.* (**Careful! Baking sheet is hot!**) Sprinkle with **cashew "Parmesan."**
- Roast 4-6 minutes, or until cashew "Parmesan" is lightly toasted.

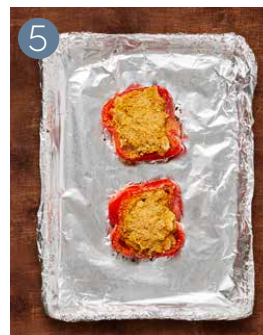
**If there's excess filling after stuffing the bell pepper halves, reserve it in the pot for Step 7.*

6 SAUTÉ KALE & FINISH RICE

- Heat about 1 tablespoon cooking oil in a medium sauté pan over medium-high heat. Add **kale** and 2 tablespoons water to hot pan. Cook 2-3 minutes, or until tender, stirring occasionally. Remove from heat.
- Transfer **rice** to pan. Add 1 tablespoon **creamy vegan chimichurri sauce**. Season with salt and pepper. Stir to combine.

7 PLATE YOUR DISH

- Divide **kale rice** between plates. Top with **white bean stuffed peppers** and any excess **filling**. Drizzle with remaining **chimichurri sauce**. Garnish with **pepitas** and **cilantro**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (527g)

Amount per serving

Calories **950**

	% Daily Value*
Total Fat 52g	67%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1590mg	69%
Total Carbohydrate 92g	33%
Dietary Fiber 21g	75%
Total Sugars 11g	
Includes 1g Added Sugars	2%
Protein 26g	
Vitamin D 0mcg	0%
Calcium 171mg	15%
Iron 6mg	35%
Potassium 1516mg	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:

Cannellini Beans [cannellini beans, water, salt], **Bell Peppers**, **Yellow Onion**, **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Chili, Cumin & Paprika Blend** (Smoked Paprika, Sweet Paprika, Ground Cumin, Dried Oregano, Ground Coriander, Granulated Garlic, Chili Powder [chili pepper, paprika, oregano, cumin, garlic, salt, spices]), **Jasmine Rice** [jasmine rice], **Cilantro**, **Green Kale**, **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]), **Cashew “Parmesan”** (Cashews [cashew pieces], Nutritional Yeast [dried yeast, niacin, pyridoxine hydrochloride (B6), riboflavin (B2), thiamin hydrochloride (B1), folic acid, vitamin B12], Granulated Garlic, Sea Salt, Black Pepper), **Pepitas** [pumpkin seed kernels]

Allergen information:

Contains 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.