

# DINNERLY



**FAST**

**BALANCED  
MEAL**

## **Vegetarian Chili** with Kidney Beans & Cheese



20-30min



2 Servings

When it's tailgate season, but you're trying to cut back on the number of wings and loaded fries you consume in one day. This protein-packed bowl gives you the energy you need to chest-bump after every touchdown. And, the punch of flavor you need to spit fire at all the refs' bad calls. We've got you covered!

### WHAT WE SEND

- 2 scallions
- garlic
- 14½ oz whole peeled tomatoes
- ¼ oz taco seasoning
- 15 oz can kidney beans
- 3 oz white quinoa
- 3 (¾ oz) pieces cheddar <sup>7</sup>

### WHAT YOU NEED

- olive oil
- kosher salt & ground pepper

### TOOLS

- medium pot with lid
- box grater

### ALLERGENS

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 480kcal, Fat 20g, Carbs 52g, Protein 22g



#### 1. Prep ingredients

Trim and discard ends from **scallions**, then thinly slice, keeping dark greens separate. Peel and finely chop **2 teaspoons garlic**. Using kitchen shears, finely chop **tomatoes** in the can.



#### 2. Cook aromatics

Heat **1 tablespoon oil** in a medium pot over medium-high. Add **chopped garlic** and **all but 2 tablespoons of the scallion greens**; season with **salt** and **pepper**. Cook, stirring, until softened, 2–3 minutes. Stir in **2¼ teaspoons of the taco seasoning** and cook, 30 seconds.



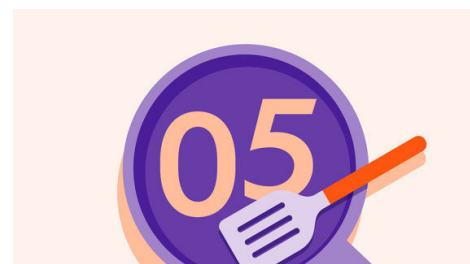
#### 3. Add tomatoes

Add **chopped tomatoes and their juices**, **kidney beans and their liquid**, **quinoa**, and **1 cup water**. Bring to a boil.



#### 4. Simmer chili

Simmer over medium, partially covered, stirring occasionally, until **chili** is thickened and **quinoa** is tender, about 15 minutes. Season to taste with **salt** and **pepper**. Finely chop or crumble **all of the cheese**.



#### 5. Serve

Stir **up to ¼ cup water** into **chili**, if necessary to loosen. Spoon **vegetarian chili** into bowls and serve topped with **cheese** and **remaining scallions**.



#### 6. Spice it up!

Make this hearty bowl even warmer with a little heat from jalapeños or hot sauce.