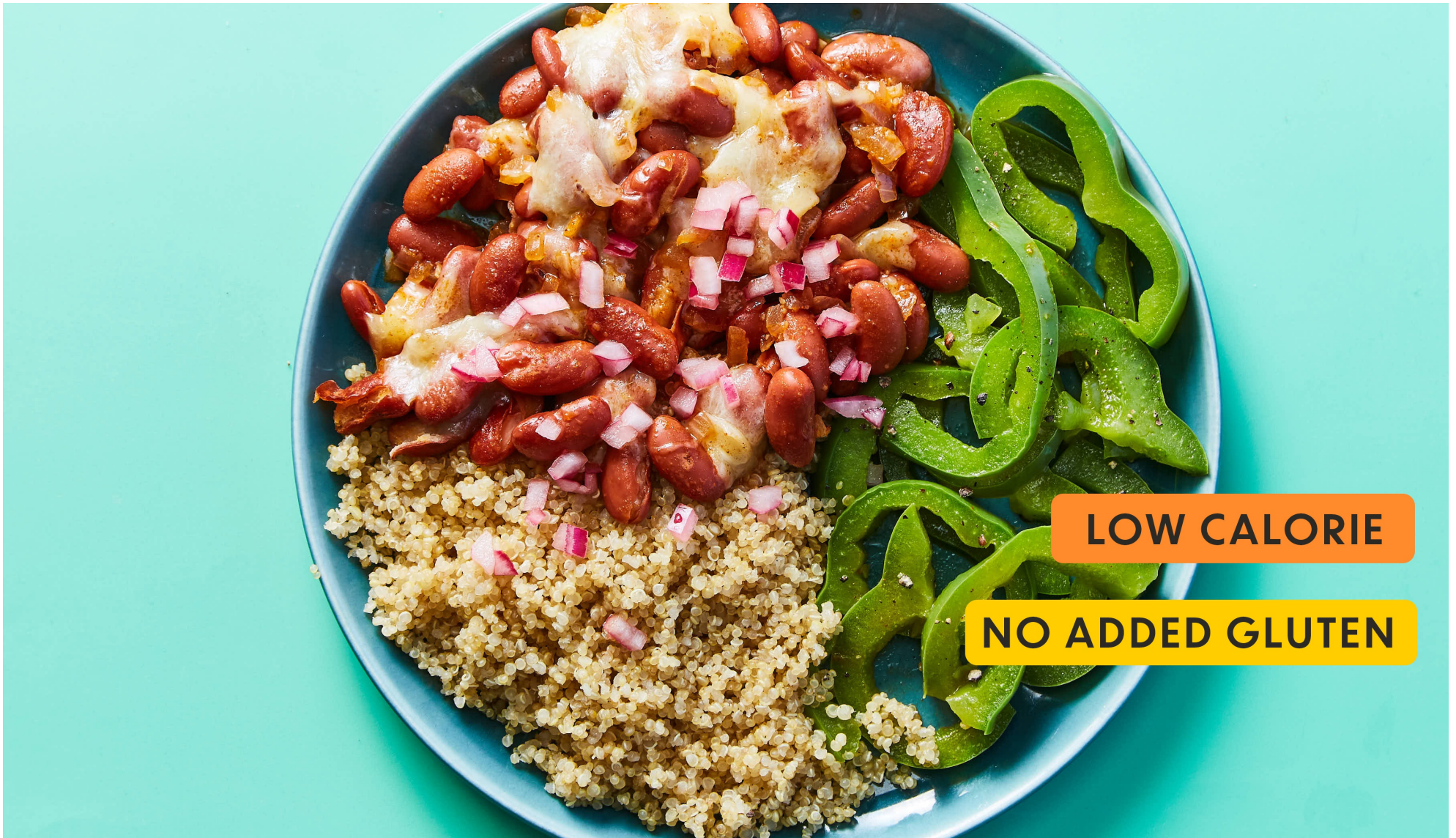


DINNERLY



LOW CALORIE

NO ADDED GLUTEN

Mexican Baked Beans & Quinoa with Sautéed Peppers & Cheddar



20-30min



2 Servings

We've basically created a deconstructed veggie burrito bowl here, but instead of using predictable rice, we've upped the protein and nutrition with superhero food, quinoa! And, we always find that good-for-you stuff, like kidney beans, go down a whole lot more easily when loaded with a layer of bubbly cheddar cheese. We've got you covered!

WHAT WE SEND

- garlic
- white quinoa
- medium red onion
- sharp cheddar cheese ⁷
- taco seasoning
- green bell pepper
- kidney beans, CAN

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- red wine vinegar
- sugar

TOOLS

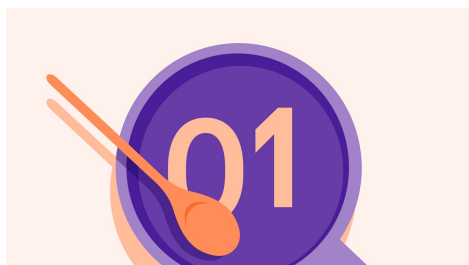
- fine-mesh sieve
- ovenproof skillet
- saucepan

ALLERGENS

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

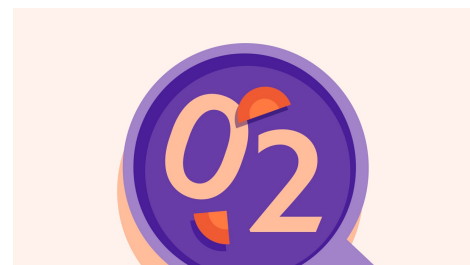
NUTRITION PER SERVING

Calories 630kcal, Fat 28g, Carbs 69g, Proteins 28g



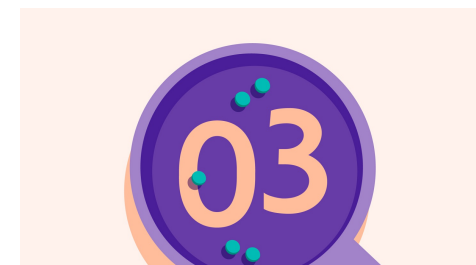
1. Cook peppers

Halve **pepper**; remove core and seeds, then thinly slice crosswise. Heat **1 tablespoon oil** in a small saucepan over medium-high. Add peppers and **¼ teaspoon salt**; cook until fragrant, 1–2 minutes. Add **3 tablespoons water**, cover and cook until peppers are slightly softened, 2–3 minutes. Transfer to a bowl, cover, and set aside until step 5.



2. Cook quinoa

Add **quinoa** to same saucepan with **¾ cups water** and **½ teaspoon salt**. Bring to a boil over high heat. Cover, reduce heat to low, and cook until water is absorbed and quinoa is tender, 12–15 minutes. Fluff with a fork, cover to keep warm, and set aside until step 5.



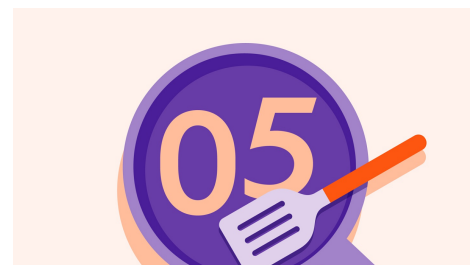
3. Pickle onions

Peel and finely chop **¾ cup onion**. Peel and finely chop **1 teaspoon garlic**. Finely chop **all of the cheddar**. In a small bowl, toss to combine **¼ cup of the chopped onion**, **1 tablespoon vinegar**, and **a pinch each sugar and salt**. Toss to combine; set aside for step 5.



4. Cook beans

Drain and rinse **beans**. Heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Add **remaining chopped onions** and **garlic**; cook until softened and fragrant. Add beans, **2¼ teaspoons taco seasoning**, **⅓ cup water**, **½ teaspoon vinegar**, **¼ teaspoon salt**, and **a few grinds pepper**. Cook until sauce is slightly reduced and thickened, 1–2 minutes.



5. Finish & serve

Preheat broiler with top rack 6 inches from heat source. Sprinkle **cheese** over **beans**, and broil until cheese is melted and bubbly, 1–2 minutes (watch closely). Spoon **quinoa**, **peppers**, and **beans** into bowls; top with **pickled onions**. Enjoy!



6. Take it to the next level

Do as you would with any burrito bowl—add guac, salsa, hot sauce, pickled jalapeños, chopped cilantro—whatever you like!