

DINNERLY



Tex-Mex Black Bean Stew with Sweet Potatoes & Spinach



30-40min



2 Servings

This veggie stew is here to fulfill all your vegetarian dinner dreams. Loaded with good-for-you ingredients and topped with a dollop of sour cream, we guarantee this is a dinner here to stay. We've got you covered!

WHAT WE SEND

- 1 bell pepper
- ¼ oz granulated garlic
- 1 sweet potato
- 15 oz can black beans
- 2 (4 oz) red enchilada sauce
- 5 oz baby spinach
- 2 (1 oz) sour cream ⁷

WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper

TOOLS

- medium Dutch oven or pot with lid

ALLERGENS

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

NUTRITION PER SERVING

Calories 450kcal, Fat 14g, Carbs 69g, Protein 14g



1. Prep ingredients

Halve **pepper** lengthwise, discard stem and seeds, then cut into ½-inch pieces.

Cut **sweet potato** into ½-inch pieces (no need to peel).



2. Sauté peppers

Heat **1 tablespoon oil** in a medium Dutch oven or pot over medium-high. Add **peppers**; season with **salt** and **pepper**. Cook, stirring, until peppers are slightly softened and lightly browned in spots, 2–3 minutes.



3. Add beans & sweet potato

To pot with **peppers**, add **beans and their liquid, sweet potatoes, all of the enchilada sauce, 2 cups water, ½ teaspoon granulated garlic, and ½ teaspoon salt**; bring to a boil.



4. Simmer stew

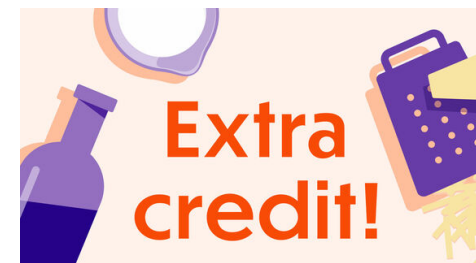
Reduce heat to medium and simmer **stew** until **sweet potatoes** are tender, 15–20 minutes (stew will thicken as it cooks).



5. Finish & serve

Add **spinach** in 2–3 batches to pot with **stew**, stirring until just wilted.

Spoon **Tex-Med black bean stew** into bowls and squeeze a dollop of **sour cream** over top. Enjoy!



6. Did you know?

Although reducing food waste is a top priority, sometimes in spite of best efforts, we end up with leftovers in our test kitchen and packing facilities. When that happens, we still make sure it doesn't go to waste. One way of ensuring all of our nutritious food ends up on a table is by donating to local charities like Table to Table and Grace Place.