

# DINNERLY



## Cheesy Black Bean & Rice Taco Bake

with Scallions & Corn



40-50min



2 Servings

What's better than tacos you ask? A taco bake! All the same steps as making tacos except you toss all the ingredients together in a skillet and scoop it right onto your plate. It's like a burrito bowl and a taco had a baby, and the end result was all this cheesy goodness. We've got you covered!



### WHAT WE SEND

- 15 oz can black beans
- 2 scallions
- 2 (5 oz) jasmine rice
- 2 (4 oz) red enchilada sauce
- 2½ oz corn
- 2 oz shredded cheddar-jack blend <sup>7</sup>

### WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper

### TOOLS

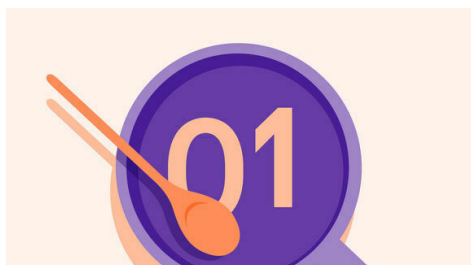
- large ovenproof skillet

### ALLERGENS

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

### NUTRITION PER SERVING

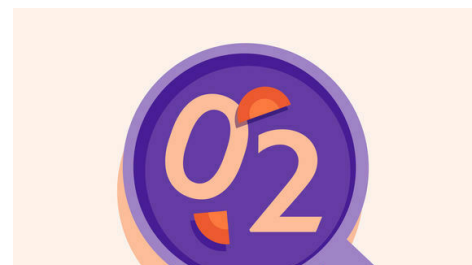
Calories 890kcal, Fat 18g, Carbs 154g, Protein 26g



#### 1. Prep ingredients

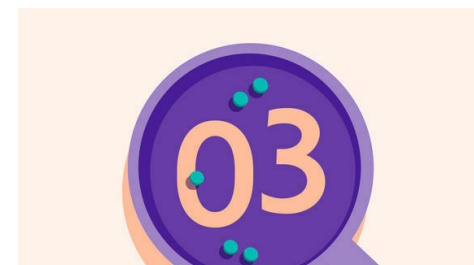
Preheat oven to 400°F with a rack in the upper third.

Drain and rinse **beans**. Finely chop 2 **teaspoons garlic**. Trim ends from **scallions** and thinly slice, keeping dark green parts separate for garnishing.



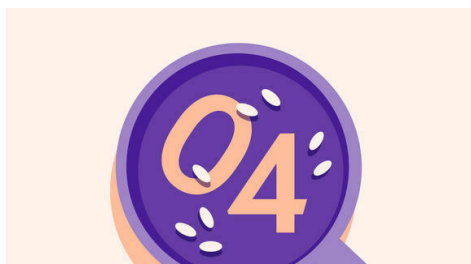
#### 2. Sauté aromatics

Heat **1 tablespoon oil** in a large ovenproof skillet over medium-high. Add **scallions whites and light greens** and **chopped garlic**; season with **salt** and **pepper**. Cook, stirring, until fragrant, about 1 minute.



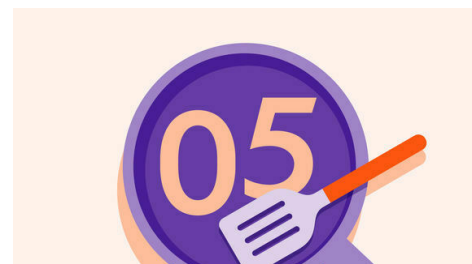
#### 3. Toast rice

To skillet with **aromatics**, add **all of the rice** and cook, stirring, until rice is lightly toasted and slightly softened, about 2 minutes.



#### 4. Assemble & bake

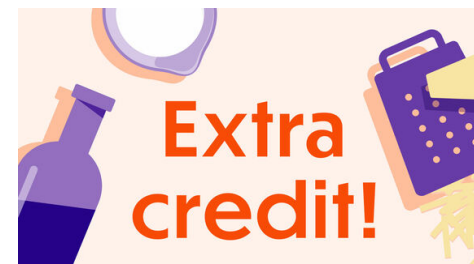
To skillet with **rice**, stir in **2 cups water**, **beans**, **all of the enchilada sauce**, and **1 teaspoon salt**; bring to a boil. Remove from heat; sprinkle **corn** evenly over top. Cover with a lid or foil; transfer skillet to upper oven rack. Bake until liquid is absorbed and rice is tender, about 17 minutes. Fluff with a fork; season to taste with **salt** and **pepper**. Switch oven to broil.



#### 5. Add cheese, broil & serve

Evenly sprinkle **taco bake** with **cheese**. Broil on upper oven rack until cheese is melted and browned in spots, 1–3 minutes (watch closely).

Serve **cheesy black bean and rice taco bake** sprinkled with **remaining scallion dark greens** 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.