



Black Bean & Quinoa Taco Bowl

with Crispy Tortilla Strips



20-30min



2 Servings

Taco bowls are already the best, so how could we possibly improve them? Make them healthier, of course! This taco bowl is brimming with plant-based protein thanks to the tri-color quinoa that we used instead of rice. Creamy chorizo chili-spiced black beans are layered on top, along with marinated onion-tomato salad, crunchy romaine ribbons, sour cream, cilantro, and crispy tortilla strips.

What we send

- 3 oz tri-color quinoa
- 1 red onion
- 1 lime
- 2 plum tomatoes
- ¼ oz fresh cilantro
- 1 romaine heart
- 6 (6-inch) corn tortillas
- ¼ oz chorizo chili spice blend
- 15 oz can black beans
- 2 (1 oz) sour cream ⁷

What you need

- kosher salt & ground pepper
- olive oil

Tools

- small saucepan
- rimmed baking sheet
- large skillet

Allergens

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

Nutrition per serving

Calories 770kcal, Fat 29g, Carbs 106g, Protein 23g



1. Cook quinoa

Preheat oven to 375°F with a rack in the center. Place **quinoa** in a small saucepan along with **¾ cup water** and **a pinch of salt**.

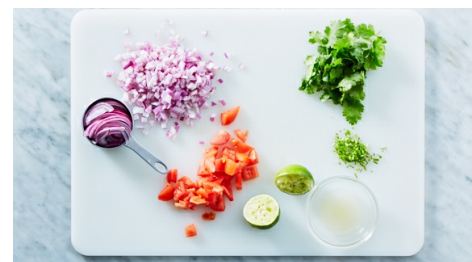
Bring to a boil. Reduce heat to low, cover, and cook until water is absorbed and quinoa is tender, about 15 minutes.

Remove from heat and keep covered until ready to serve.



4. Bake tortilla strips

Generously brush **tortillas** with **oil**, then season with **salt** and **pepper**. Stack tortillas, then cut into ¼-inch wide strips. Place on a rimmed baking sheet, spreading into a single layer. Bake on center oven rack until golden brown and crisp, 8-10 minutes, tossing halfway through (watch closely as ovens vary). Remove from oven and sprinkle with **salt**.



2. Prep ingredients

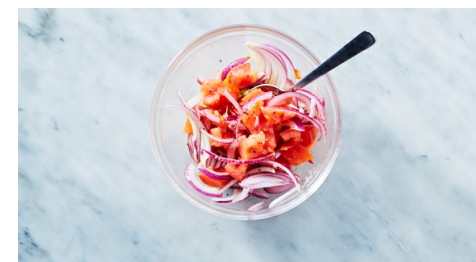
Halve **onion**, then thinly slice ¼ cup and finely chop remaining onion. Squeeze **1 tablespoon lime juice** into a medium bowl. Cut **tomatoes** into ½-inch pieces.

Pick **cilantro leaves** from **stems**; thinly slice stems, keeping leaves whole. Halve **romaine** lengthwise, then thinly slice crosswise into ribbons, discarding stem end.



5. Cook beans

Heat **2 teaspoons oil** in a large skillet over medium-high. Add **chopped onions** and cook, stirring, until softened and golden brown, 3-5 minutes. Add **cilantro stems** and **1 tablespoon chorizo chili spice**, and cook, about 1 minute. Add **beans and their liquid**; cook until thickened, about 5 minutes. Stir in **half of the cilantro leaves**. Season to taste with **salt** and **pepper**.



3. Marinate tomato & onions

Whisk **2 tablespoons oil** into bowl with **lime juice**. Season to taste with **salt** and **pepper**. Stir in **sliced onions** and **chopped tomatoes**.

Set aside to marinate until ready to serve.



6. Assemble & serve

In a small bowl, slightly thin **all of the sour cream** by stirring in **1 teaspoon water** at a time, as needed. Add **romaine** to bowl with **marinated tomatoes and onions**, tossing to combine.

Spoon **quinoa** into bowls, then top with **black beans**, **romaine salad**, **sour cream**, **tortilla strips**, and **cilantro leaves**. Enjoy!