

DINNERLY



Upgrade to Add Beef

Corn & Black Bean Burrito Bowl



20-30min



2 Servings

This version of the recipe is customized with grass-fed ground beef.

WHAT WE SEND

- 15 oz can black beans
- 5 oz jasmine rice
- 10 oz pkg grass-fed ground beef
- 5 oz corn
- ¼ oz taco seasoning
- 2 oz shredded cheddar-jack blend ⁷
- 2 oz guacamole

WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper
- apple cider vinegar (or white wine vinegar)

TOOLS

- medium ovenproof skillet
- large saucepan

ALLERGENS

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

NUTRITION PER SERVING

Calories 1040kcal, Fat 42g, Carbs 102g, Protein 51g



1. Prep ingredients & rice

Finely chop **2 teaspoons garlic**. Drain and rinse **beans**.

Heat **2 teaspoons oil** in a medium ovenproof skillet over medium-high. Add **rice** and cook, stirring, until toasted, about 2 minutes. Stir in **1½ cups water** and **½ teaspoon salt**. Bring to a boil, then cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Set aside until ready to serve.



2. Cook beef, corn & beans

Meanwhile, heat **1 tablespoon oil** in a large saucepan over medium-high heat. Add **ground beef** and season with **salt** and **pepper**. Cook, breaking meat up into smaller pieces, until browned, about 5 minutes. Add **corn** and cook, stirring occasionally, until browned in spots, 3–5 minutes. Add **beans, chopped garlic**, and **taco seasoning**; cook until fragrant, about 1 minute.



3. Finish beef, corn & beans

Preheat broiler with a rack in the top position.

Stir **1 cup water** into saucepan and bring to a boil over high. Reduce heat to medium-high and cook until sauce is reduced, about 5 minutes. Stir in **1 teaspoon vinegar**, then season to taste with **salt** and **pepper**. Cover to keep warm.



4. Finish rice

Once **rice** is finished cooking, uncover and sprinkle **cheese** over top. Broil on top oven rack until **cheese** is melted and browned in spots, 3–4 minutes (watch closely).



5. Serve

Serve **cheddar rice** with **beef, corn**, and **beans** alongside. Spoon **a dollop of guacamole** over top. Enjoy!



6. Take it to the next level

Load it up! Add salsa, hot sauce, pickled jalapeños, chopped cilantro—this is your burrito bowl and you can be as extra as you want.