

# DINNERLY



## Beef & Black Bean Burrito Bowl

with Guacamole & Marinated Tomatoes



20-30min



2 Servings

This big, beautiful burrito bowl bursting with beef and black beans may have a lot of B's, but the taste is an A+. The juicy, marinated tomatoes and our delish pre-made guac is extra credit. We've got you covered!

## WHAT WE SEND

- 5 oz jasmine rice
- 15 oz can black beans
- 1 plum tomato
- ¼ oz chorizo chili spice blend
- 2 (2 oz) guacamole
- 10 oz pkg grass-fed ground beef

## WHAT YOU NEED

- garlic
- neutral oil
- kosher salt & ground pepper
- red wine vinegar (or apple cider vinegar) <sup>17</sup>
- sugar

## TOOLS

- medium saucepan
- medium nonstick skillet

## ALLERGENS

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

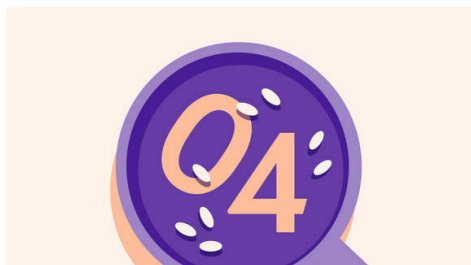
Calories 970kcal, Fat 41g, Carbs 93g, Protein 43g



### 1. Cook rice & garlic

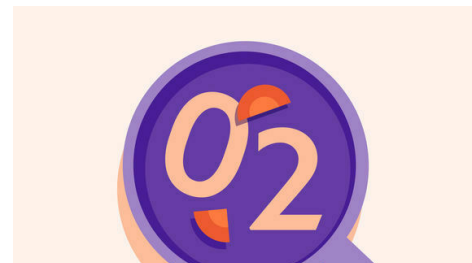
Finely chop 2 **teaspoons garlic**.

Heat 1 **tablespoon oil** in a medium saucepan over medium-high. Add **rice** and **half of the chopped garlic**. Cook, stirring, until fragrant, about 2 minutes. Add 1¼ **cups water** and ½ **teaspoon salt**; bring to a boil. Cover and cook over low heat until rice is tender and water almost absorbed, 17 minutes.



### 4. Cook beans

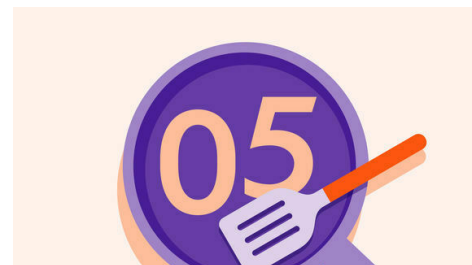
To skillet with **beef**, add **chorizo chili spice blend** and cook, stirring, until fragrant, about 30 seconds. Stir in ⅓ **cup water** and **beans**; bring to a simmer. Reduce heat to medium and cook, stirring occasionally, until beans are warmed through and sauce has thickened, 3–5 minutes.



### 2. Marinate tomatoes

While **rice** cooks, drain and rinse **black beans**; reserve for step 4.

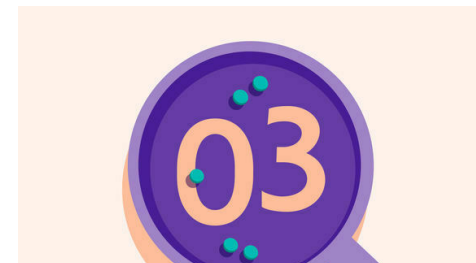
Cut **tomato** into ½-inch pieces. In a medium bowl, stir to combine **tomatoes**, **remaining chopped garlic**, 2 **teaspoons each of oil and vinegar**, and a **pinch each of salt and sugar**. Set aside until step 5.



### 5. Finish & serve

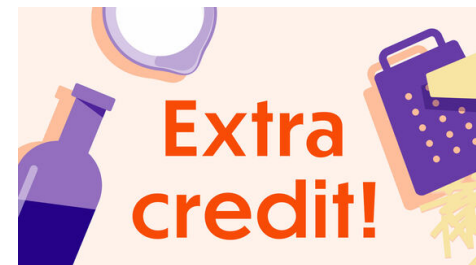
Fluff **rice** with a fork.

Serve **beef and black beans** over **rice**. Top with a dollop of **guacamole** and **marinated tomatoes**. Enjoy!



### 3. Cook beef

Heat 1 **tablespoon oil** in a medium nonstick skillet over high. Add **beef** and cook, breaking up into smaller pieces, until well browned, 5–7 minutes.



### 6. Did you know?

Research shows that about ⅓ of food in US grocery stores is thrown out. Here at Dinnerly, we only buy what we need, when we need it, which is why <1% of our food goes to waste. On top of that, we are committed to cutting our food loss and waste by another 50% by 2030.