



Tomatillo Chicken Stew

with Rice & Beans



30-40min



2 Servings

What do you get when you combine tender chicken, onions, and bell peppers with bright and tangy tomatillos? A comforting stew with seriously craveable flavor. We season the stew with cilantro, roasted red peppers, and Tex-Mex spice blend. There's no better way to complete this meal than with a side of hearty rice and beans.

What we send

- 15 oz can black beans
- garlic
- 1 green bell pepper
- ½ lb tomatillos
- ¼ oz fresh cilantro
- 1 yellow onion
- 10 oz ready to heat jasmine rice
- 10 oz pkg chicken breast strips
- ¼ oz Tex-Mex spice blend
- 4 oz roasted red peppers
- 2 (1 oz) sour cream ⁷

What you need

- kosher salt & ground pepper
- neutral oil
- sugar

Tools

- medium saucepan
- medium Dutch oven or pot

Cooking tip

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Allergens

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

Nutrition per serving

Calories 780kcal, Fat 24g, Carbs 96g, Protein 49g



1. Prep ingredients

Drain and rinse **black beans**.

Finely chop **2 teaspoons garlic**. Halve **bell pepper**, discard stem and seeds, and cut into 1-inch pieces. Cut **tomatillos** into ½-inch pieces. Pick **cilantro leaves** from **stems** and finely chop stems; wrap leaves in a damp paper towel and reserve for garnish. Coarsely chop **half of the onion** (save rest for own use).



4. Cook veggies

Heat **1 tablespoon oil** in same pot. Add **onions, tomatillos, and bell peppers**; cook, stirring frequently, until peppers are softened and tomatillos begin to break down, 8-10 minutes.



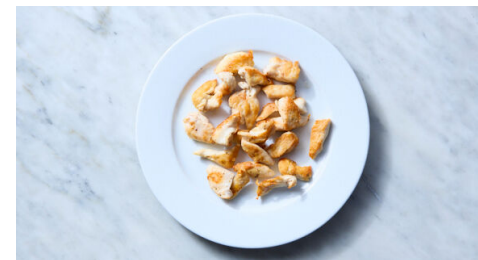
2. Cook rice

Heat **1 teaspoon oil** in a medium saucepan over medium. Add **rice** and **2 teaspoons water**. Cook, stirring occasionally, until warm, 3-5 minutes. Stir in **beans**, then cover to keep warm and set aside.



5. Build stew

Add **cilantro stems, chopped garlic**, and **all of the Tex-Mex spice**; cook until fragrant. Add **red peppers, 1½ cups water**, and **½ teaspoon sugar**; bring to a simmer. Cook uncovered, stirring frequently and scraping up any browned bits from bottom of pot, until tomatillos are broken down and sauce is thickened, 15-18 minutes. Add **chicken** and cook until warmed through, 2-3 minutes.



3. Cook chicken

Meanwhile, pat **chicken** dry and season with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium Dutch oven or pot over medium-high. Add chicken and cook until browned and cooked through, flipping halfway, 3-5 minutes. Transfer to a plate.



6. Serve

Serve **tomatillo stew** over **rice and beans** and garnish with **cilantro leaves** and **___sour cream**. Enjoy!