



## 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 <sup>7</sup>

## 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**.

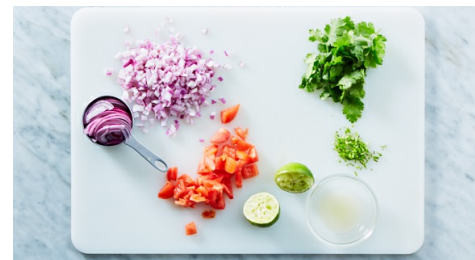
Bring to a boil. Reduce heat to low, cover, and cook until water is absorbed and quinoa is tender, about 15 minutes.

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

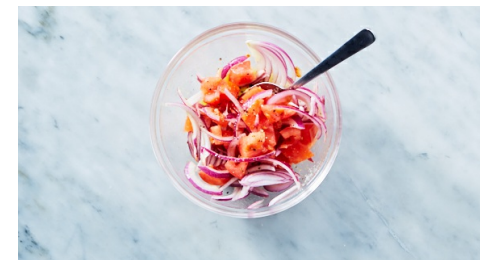
Halve **onion**, then thinly slice ¼ cup and finely chop remaining onion. Squeeze **1 tablespoon lime juice** into a medium bowl. Cut **tomatoes** into ½-inch pieces.

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!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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