

DINNERLY



Low-Cal Southwestern Bean & Rice Bowl with Guac & Corn-Poblano Sauté



20-30min



2 Servings

How much flavor can you pack into one bowl? After a thorough investigation, we've concluded that the answer is: a lot. The proof is in this rice bowl piled high with saucy beans, corn, guac, and—the pièce de résistance—tender sautéed poblano peppers. Can we get a "YUM"? We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- 1 poblano pepper
- 15 oz can pinto beans
- 5 oz corn
- 2 (4 oz) red enchilada sauce
- 2 (2 oz) guacamole

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- garlic

TOOLS

- small saucepan
- medium skillet

ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 640kcal, Fat 15g, Carbs 110g, Protein 15g



1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**; bring to a boil over high. Cover and cook over low heat until rice is tender and water is absorbed, about 17 minutes. Keep covered off heat until ready to serve.



2. Prep ingredients

Halve **pepper**, discard stem and seeds, then cut into thin strips.

Finely chop **2 teaspoons garlic**.

Drain and rinse **beans**; set aside until step 4.



3. Cook veggies

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **peppers** and **a pinch each of salt and pepper**; cook, stirring, until lightly browned and tender, about 5 minutes. Stir in **corn** and **chopped garlic**; cook, stirring, until corn is tender and warmed through, and garlic is fragrant, 2–3 minutes more. Transfer to a bowl; cover to keep warm until ready to serve.



4. Cook beans & serve

To same skillet over medium heat, add **beans** and **all of the enchilada sauce**. Bring to a simmer and cook, stirring occasionally, until sauce is slightly thickened, 3–5 minutes. Season to taste with **salt** and **pepper**.

Serve **rice** topped with **beans**, **corn**, and **peppers**. Dollop **guacamole** over top. Enjoy!



5. ...

What were you expecting, more steps?



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!