

# 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
- ½ lb pkg ready to heat chicken cutlets <sup>1,3,7</sup>

### WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- garlic

### TOOLS

- small saucepan
- medium skillet

### ALLERGENS

Wheat (1), Egg (3), Milk (7). May contain traces of other allergens. 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!