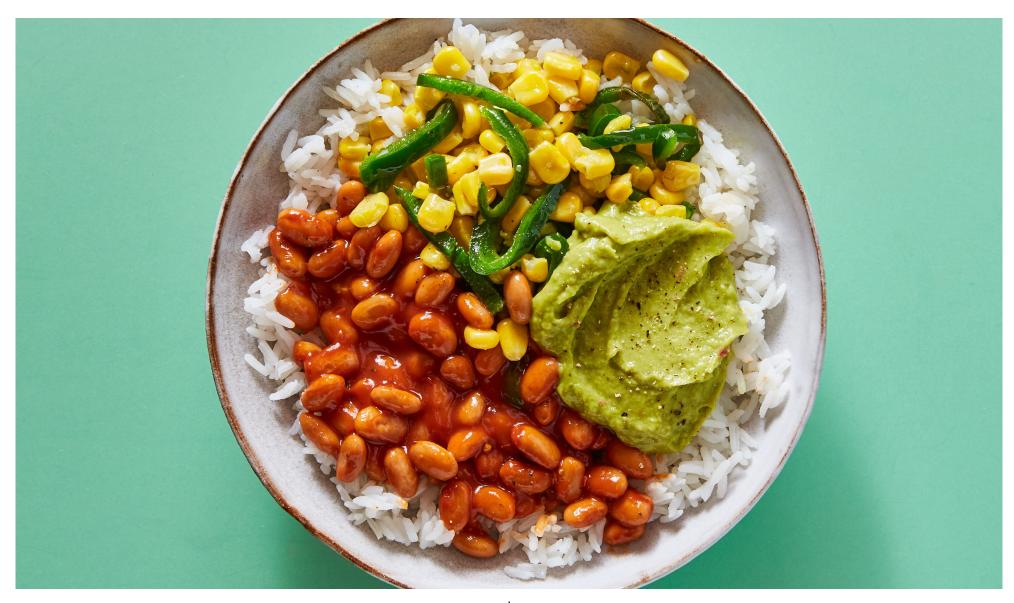
# **DINNERLY**



## 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 1,3,7

#### 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 15a



#### 1. Cook rice

In a small saucepan, combine rice, 1½ 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!



What were you expecting, more steps?



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