

# MARLEY SPOON



## **Cheesy Corn & Black Bean Skillet Chili**

with Baked Eggs, Rice & Sour Cream



30-40min



2 Servings

This warming bowl of chili is taken to the next level with baked eggs for a protein boost and yucky richness that compliments the sweet corn and creamy black beans.



## What we send

- 5 oz quick-cooking brown rice
- 1 poblano pepper
- 1 oz scallions
- 1 can black beans
- 5 oz corn
- Tam-pico de gallo spice blend (use 1 tsp)
- 1 can tomato sauce
- ½ lb shredded cheddar <sup>7</sup>
- 2 oz sour cream <sup>7</sup>

## What you need

- kosher salt & ground pepper
- olive oil
- 2 large eggs <sup>3</sup>

## Tools

- medium saucepan
- fine-mesh sieve
- medium skillet

## Allergens

Egg (3), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 1060kcal, Fat 40g, Carbs 136g, Protein 49g



### 1. Cook rice

Bring a medium saucepan of **salted water** to a boil over high heat. Add **rice** and boil (like pasta) stirring occasionally, until just tender, about 22 minutes. Drain rice in a fine-mesh sieve.



### 2. Prep ingredients

While **rice** cooks, halve **poblano**, remove stem, core, and seeds, then cut crosswise into ½-inch slices. Trim **scallions**, then thinly slice. Drain and rinse **beans**.



### 3. Sauté poblanos & corn

Heat **1 tablespoon oil** in a medium skillet over high. Add **poblanos**, **corn**, and **half of the scallions** to skillet and cook until poblanos are crisp-tender and veggies are browned in spots, 3-5 minutes. Reduce heat to medium-high. Stir in **1 teaspoon of the Tam-pico de gallo spice blend** (or more depending on heat preference) and cook, stirring, until fragrant, 30 seconds.



### 4. Cook chili

Add **tomato sauce**, **beans**, **½ cup water**, and **a pinch of salt** to skillet and bring to a boil over high heat. Reduce heat to medium and simmer until slightly thickened, about 5 minutes. Season to taste with **salt** and **pepper**.



### 5. Cook eggs

Crack **2 large eggs** over the **corn and bean mixture** and season with **a pinch each of salt and pepper**. Sprinkle all over with **half of the cheese** (save rest for own use). Cover and cook, rotating skillet halfway through for even cooking, until egg whites are set, yolks are still runny, and cheese is melted, 3-8 minutes.



### 6. Serve

Serve **rice** topped with an **egg** and **corn and bean chili**. Top with **a dollop of sour cream** and **remaining scallions**. Enjoy!