



# CHICKEN SAUSAGE AND PEPPER BOWL - DINNER

# SOUTHWEST ROLL-UP - LUNCH



COOK IT ONCE, EAT IT TWICE

Tonight's dinner extras transform into tomorrow's lunch.

<b>DINNER</b>	<b>TOTAL: 35 MIN</b>	<b>CALORIES: 770</b>
<b>LUNCH</b>	<b>TOTAL: 10 MIN</b>	<b>CALORIES: 760</b>

INGREDIENTS FOR: 2-person | 4-person

- |   |   |  |  |   |   |  |  |
|---|---|--|--|---|---|--|--|
| <br>Red Onion<br>1   2         | <br>Carrot<br>1   2 | <br>Cilantro<br>¼ oz   ½ oz             | <br>Jasmine Rice<br>¾ Cup   1½ Cups | <br>Black Beans<br>13.4 oz   26.8 oz                   | <br>Italian Chicken Sausage Mix<br>18 oz   27 oz | <br>Hot Sauce<br>3 tsp   4 tsp                    | <br>Turmeric<br>1 tsp   1 tsp |
| <br>Green Bell Pepper<br>1   2 | <br>Lime<br>1   2  | <br>Chicken Stock Concentrates<br>2   4 | <br>Peas<br>4 oz   8 oz             | <br>Sour Cream<br>6 TBSP   10 TBSP<br>(Contains: Milk) | <br>Blackening Spice<br>2 TBSP   4 TBSP          | <br>Flour Tortillas<br>2   2<br>(Contains: Wheat) |  |

## BUST OUT

• Peeler • Zester • Medium pot • Small pot • Potato masher • Small bowl • Large pan • Large bowl  
• 2 Reusable containers • Vegetable oil (4 tsp | 8 tsp) • Butter (2 TBSP | 4 TBSP) (Contains: Milk)

Chicken Sausage is fully cooked when internal temperature reaches 165 degrees.



## DINNER



### 1 PREP

**Wash and dry all produce.** Peel and halve **carrot** lengthwise; cut crosswise into half-moons. Halve, peel, and thinly slice **onion**; mince a few slices until you have 3 TBSP. Core, deseed, and thinly slice **bell pepper**. Zest **lime** until you have 1 tsp; quarter lime. Finely chop **cilantro** leaves and stems.



### 2 COOK RICE

Melt **1 TBSP butter** in a medium pot over medium-high heat. Add **carrot, minced onion,** and  $\frac{1}{2}$  **tsp turmeric** (we sent more). Cook until fragrant, 1-2 minutes. Add **1 $\frac{1}{4}$  cups water, 1 stock concentrate,** and a large pinch of **salt**. Bring to a boil, then stir in **rice**. Cover, reduce heat to low, and cook until tender, about 15 minutes. Turn off heat. Stir in **peas** and half the **cilantro**. Season with **salt** and **pepper**. Keep covered until ready to serve.



### 3 HEAT BEANS AND MAKE CREMA

Add **beans** (and any liquid) to a small pot. Bring to a boil, then reduce heat to low and stir in **1 TBSP butter, 2 tsp Blackening Spice,** and a pinch of **salt** and **pepper**. Using a potato masher or fork, mash about half the beans. Keep covered until ready to serve. In a small bowl, combine **1 packet sour cream, lime zest,** and juice from **2 lime wedges**. Season with salt and pepper.



### 4 COOK VEGGIES AND SAUSAGE

Heat a large drizzle of **oil** in a large pan over medium-high heat. Add **sliced onion, bell pepper,** and a pinch of **salt** and **pepper**. Cook, stirring, until softened and slightly charred, 6-8 minutes. Transfer to a large bowl. Heat another large drizzle of **oil** in same pan over medium-high heat. Add **sausage** and remaining **Blackening Spice**. Cook, breaking up meat with a spoon, until cooked through, 5-7 minutes.



### 5 FINISH DINNER

Add **veggies,** remaining **stock concentrate,** and  $\frac{1}{2}$  **cup water** to pan with **sausage**. Simmer until slightly reduced, 1-2 minutes. Fluff **rice** with a fork. Set aside a third of the rice, a third of the **beans,** and half the sausage mixture for lunch. Divide remaining rice, beans, and sausage mixture between plates. Top with **lime crema,** remaining **cilantro,** and, if desired, **1 tsp hot sauce**. Serve remaining **lime wedges** on the side for squeezing over.

## LUNCH



### 6 MAKE LUNCH

Divide reserved **rice, beans,** and **sausage mixture** between reusable containers. Pack **tortillas,** remaining **sour cream,** and remaining **hot sauce** on the side. When ready to eat, microwave rice, beans, and sausage mixture on high until warm. Wrap in tortillas and serve with sour cream and hot sauce on the side.