



More than Food

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## Shrimp Taco Lettuce Wraps

with Smoky Chipotle Beans, Charred Fajita Veggies, and Garlic-Lime Crema

Tender Boston lettuce makes for the perfect low-carb vehicle for tacos. A touch of chipotle powder adds a distinct smokiness to the equation. If heat isn't your thing, a cool garlic-lime crema and creamy avocado are there to cool things off.



30 min



level 1



make me first



nut free



gluten free



Shrimp



Kidney Beans



Boston Lettuce



Sour Cream



Lime



Garlic



Chipotle Powder



Yellow Onion



Green Bell Pepper



Avocado

## Ingredients

	2 People	4 People
Shrimp	1) 10 oz	20 oz
Kidney Beans	1 box	2 boxes
Boston Lettuce	1 head	2 heads
Sour Cream	2) 1 oz	2 oz
Lime	1	2
Garlic	2 cloves	4 cloves
Chipotle Powder 	1 t	2 t
Yellow Onion	1	2
Green Bell Pepper	1	2
Avocado	1	2
Olive Oil*	2 t	4 t

\*Not Included

## Allergens

1) Shellfish

2) Milk

## Tools

Large Pan, Small Bowl, Strainer, Zester, Medium Pan

Ruler

0 in 1/4 in 1/2 in 3/4 in 1 in

**Nutrition per person** Calories: 542 cal | Fat: 20 g | Sat. Fat: 4 g | Protein: 39 g | Carbs: 46 g | Sugar: 6 g | Sodium: 1018 mg | Fiber: 21 g

Make sure to wash and dry produce before prepping or cooking!



1

**1 Prep the ingredients:** Drain and rinse the **beans**. Core, seed, and remove the white veins from the **bell pepper**, then thinly slice. Halve and peel the **onion**; dice one half, thinly slice the other. Mince or grate the **garlic**. Zest and cut the **lime** into wedges. Separate the **Boston lettuce** into individual lettuce leaves.



2

**2 Make the garlic-lime crema:** In a small bowl, combine the **sour cream**,  $\frac{1}{2}$  **teaspoon lime zest**, a squeeze of **lime**, and up to **half the garlic** (start with a little and go up from there!). Season with **salt** and **pepper**.



3

**3 Make the bean mixture:** Heat a drizzle of **oil** in a medium pan over medium heat. Add the **diced onion** and cook, tossing, for 4-5 minutes, until softened. Add the **beans**, **remaining garlic**, and **up to half the chipotle powder** (add a little and go up from there!) to the pan. Cook, tossing, for 2-3 minutes, until warmed through and fragrant. Season with **salt** and **pepper**. Remove the pan from the heat.



4

**4 Cook the shrimp:** Heat a drizzle of **oil** in a large pan over medium-high heat. Add the **peppers** and **onions** and cook, tossing, for 6-7 minutes, until softened and lightly charred. Season with **salt** and **pepper**. Add the **shrimp** and as much **remaining chipotle powder** as you like (remember, it's spicy!). Cook, tossing, for 1-2 minutes, until the shrimp are opaque. Season with **salt**, **pepper**, and a squeeze of **lime**.

**5** Quickly reheat the **bean mixture** over high heat. Halve, pit, and thinly slice the **avocado**.

**6 Finish:** Plate the **shrimp**, **beans**, **avocado**, and **lettuce cups**. Serve the **garlic-lime crema** to the side. Assemble the **shrimp taco lettuce wraps** with all the components, finishing with a squeeze of **lime**. Enjoy!