



# VEGAN TEX-MEX SWEET POTATO STEW

with Green Beans, Lime Pepita Rice & Cilantro

## INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz  
Green Beans



2 Cloves | 4 Cloves  
Garlic



2 | 4  
Sweet Potatoes



1 | 2  
Onion



¼ oz | ½ oz  
Cilantro



1 | 2  
Lime



½ Cup | 1 Cup  
Jasmine Rice



½ oz | 1 oz  
Pepitas



1 | 2  
Tex-Mex Paste



2 | 4  
Mushroom Stock Concentrates



1 | 2  
Tomato Paste



1 tsp | 1 tsp  
Ancho Chili Powder



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!

HELLO

### ANCHO CHILI POWDER

This smoky spice features mild heat and fruity flavor.



PREP: 15 MIN | COOK: 40 MIN | CALORIES: 590



## POP STAR

As the pepitas (winter squash seeds) roast in Step 5, they may puff (and even pop). No worries—this is normal!

## BUST OUT

- Peeler
- Zester
- 2 Baking sheets
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Sugar (¼ tsp | ½ tsp)
- Olive oil (1 tsp | 1 tsp)
- Small pot
- Medium pot



## 1 PREP

- Adjust racks to top and middle positions and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim and cut **green beans** into 2-inch pieces. Peel and mince or grate **garlic**. Peel and dice **sweet potatoes** into ½-inch pieces. Halve, peel, and dice **onion** into ½-inch pieces. Roughly chop **cilantro**. Zest and quarter **lime**.



## 2 ROAST GREEN BEANS

- Toss **green beans** on a baking sheet with a **drizzle of oil, salt, and pepper**. Roast on top rack until browned and tender, 10-12 minutes.



## 3 COOK RICE

- Meanwhile, heat a **drizzle of oil** in a small pot (**medium pot for 4 servings**) over medium-high heat. Add **half the garlic** and cook, stirring, until fragrant, 1 minute.
- Stir in **rice, ¾ cup water (1½ cups for 4),** and a **pinch of salt**; bring to a boil. Once boiling, cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.



## 4 START STEW

- While rice cooks, heat a **drizzle of oil** in a medium pot (**large pot for 4 servings**) over medium-high heat. Add **sweet potatoes, onion,** and **remaining garlic**; cook, stirring occasionally, until onion is browned and softened, 5-7 minutes.



## 5 ROAST PEPITAS

- Meanwhile, spread **pepitas** across a second baking sheet. Roast on middle rack until browned and fragrant, 5 minutes. (**TIP: Watch the pepitas closely; they can burn easily!**) Transfer pepitas to a plate.



## 6 FINISH STEW

- To pot with **sweet potato mixture**, stir in **Tex-Mex paste, stock concentrates, tomato paste, half the chili powder, half the cilantro, 1½ cups water,** and **¼ tsp sugar.** (For 4 servings, use all the chili powder, 3 cups water, and ½ tsp sugar.)
- Bring to a boil, then reduce to a low simmer. Cook, stirring occasionally, until sweet potatoes are tender, 10-12 minutes. Remove from heat.
- Stir in **roasted green beans**.



## 7 FINISH & SERVE

- Fluff **rice** with a fork; stir in **roasted pepitas, a drizzle of olive oil,** and as much **lime zest** as you like. Taste and season with **salt and pepper** if needed.
- Divide rice and **sweet potato stew** between bowls in separate sections; garnish stew with **remaining cilantro**. Serve with **lime wedges** on the side.