

# **INGREDIENTS**

2 PERSON | 4 PERSON



Long Green Pepper







Scallions

Tomato

1 TBSP | 2 TBSP

Southwest Spice Blend

Flour Tortillas

Contains: Soy, Wheat

Black Beans



4 TBSP | 8 TBSP 1½ TBSP 3 TBSP Guacamole



Sour Cream Contains: Milk



¼ Cup | ½ Cup Monterey Jack Cheese Contains: Milk



1/2 Cup | 1 Cup

Mexican Cheese

Blend

Contains: Milk

ANY ISSUES WITH YOUR ORDER? THERE TOO. SCAN HERE TO GET HELP!

\*\*In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package rest assured it contains the correct amount.



# **HelloCustom**

If you chose to modify your meal, follow the **HelloCustom** instructions on the flip side of this card.



10 oz | 20 oz S Chopped Chicken





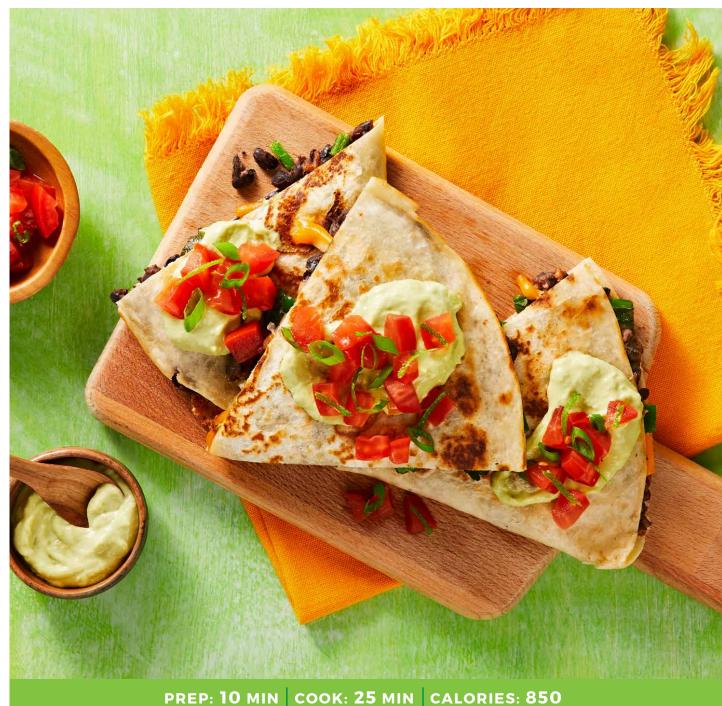


10 oz | 20 oz ⑤ Ground Beef\*\*



# **BLACK BEAN & PEPPER QUESADILLAS**

with Salsa Fresca & Creamy Guacamole





# HELLO

## **CREAMY GUACAMOLE**

Guacamole gets some extra zing with sour cream and lime juice.

#### **HOW YA BEAN?**

If you don't have a potato masher on hand to mash the beans in Step 2, a fork will get the job done iust as well.

#### **BUST OUT**

- Zester
- Large pan
- Medium pot
- Medium bowl
- Potato masher
- 2 Small bowls
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP) (1 tsp | 1 tsp) 😉 😉
- Butter (1 TBSP | 1 TBSP) Contains: Milk

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- \*Chicken is fully cooked when internal temperature
- \*Ground Beef is fully cooked when internal temperature



#### 1 PREP

- · Wash and dry produce.
- Core, deseed, and dice green pepper. Trim and thinly slice scallions, separating whites from greens. Dice tomato. Zest and quarter lime (for 4 servings, zest one lime and quarter both).



#### **2 COOK BEANS**

- In a medium pot, combine beans and their liquid, Southwest Spice Blend, 1 TBSP butter, salt (we used ¼ tsp; ½ tsp for 4 servings), and pepper. Bring to a boil over medium-high heat, then immediately reduce heat to medium.
- Simmer, uncovered, for 5 minutes. then mash beans with a potato masher or fork until mostly smooth. Continue simmering until mixture has thickened, 3-5 minutes more.
- Turn off heat; cover to keep warm.



- Meanwhile, heat a drizzle of oil in a large pan over medium-high heat. Add green pepper, salt, and pepper. Cook, stirring occasionally, until tender, 5-7 minutes.
- Stir in scallion whites and cook until softened 1 minute more.
- Turn off heat: transfer to a medium bowl. Wipe out pan.
- © Open package of **chicken**\* and drain off any excess liquid. Heat a drizzle of oil in pan used for green pepper over medium-high heat. Add chicken or beef\*; season with salt and **pepper**. Cook, stirring frequently, until cooked through, 4-6 minutes. Turn off heat: stir into bowl with green pepper. Wipe out pan.



- While veggies cook, in a small bowl. combine tomato, scallion greens, lime zest, and a squeeze of lime juice to taste. Season with salt and pepper.
- In a separate small bowl, combine guacamole, sour cream, and a squeeze of lime juice to taste. Season with **salt** and **pepper**.



# **5 ASSEMBLE QUESADILLAS**

- Spread one half of each tortilla with a layer of mashed beans. (TIP: You may have some beans left over. Serve remaining on the side if you like.) Top with green pepper mixture, Mexican cheese blend, and Monterey Jack.
- · Fold tortillas in half to create quesadillas.



### **6 FINISH & SERVE**

- Heat a large drizzle of oil in pan used for veggies over medium heat. Working in batches if necessary, add quesadillas and cook until tortillas are golden brown and cheeses melt, 3-4 minutes per side.
- Slice quesadillas into wedges; divide between plates. Top with **creamy guacamole** and **salsa fresca**. Serve with • Slice quesadillas into wedges; divide remaining lime wedges on the side.