



10 oz 20 oz
😉 Ground Beef**
Galories: 1220

10 oz | 20 oz Ground Turkey Calories: 1080

ONE-PAN SMASHED BLACK BEAN TACOS

with Creamy Slaw, Pickled Onion & Red Pepper Crema



PREP: 10 MIN COOK: 20 MIN CALORIES: 850



HELLO

SMASHED BLACK BEANS

Beans are simmered with a bounty of spices, then mashed for a hearty taco filling.

CHARRED, I'M SURE

If you have a few extra minutes, char your tortillas in a hot, dry pan for 1-2 minutes to add smoky, fire-kissed flavor.

BUST OUT

· Potato masher

Large bowl

- Small bowl
- Plastic wrap
- Large pan
 Paper towels
- Large part
- Kosher salt
- Black pepper
- Sugar (¼ tsp | ½ tsp)
- Olive oil (1 tsp | 1 tsp)
- Cooking oil (**1 tsp** | **1 tsp**) 😏 😔
- Butter (1 TBSP | 2 TBSP)
 Contains: Milk

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

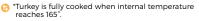
For HelloCustom nutritional information, please refer to HelloFresh.com.

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*Ground Beef is fully cooked when internal temperature reaches 160°.





Wash and dry produce.

- Halve, peel, and thinly slice **half the onion** (whole onion for **4 servings**). Quarter **lime**.
- In a small microwave-safe bowl, combine ¼ of the sliced onion, juice from half the lime, ¼ tsp sugar (½ tsp for 4), and a pinch of salt and pepper. Cover with plastic wrap; microwave until bright pink, 30-45 seconds. Set aside.
- B Heat a **drizzle of oil** in a large pan over medium-high heat.
- Add beef* or turkey* and season with salt and pepper. Cook, breaking up meat into pieces, until browned and cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.



3 MAKE SLAW

- While beans cook, roughly chop cilantro.
- In a large bowl, combine **cabbage**, **mayonnaise**, half the cilantro, and a **squeeze of lime juice** to taste. Season with **salt** and **pepper**.



2 COOK & SMASH BEANS

- Heat a **drizzle of olive oil** in a large pan over medium-high heat. Add **remaining sliced onion**; cook, stirring occasionally, until lightly browned and slightly softened, 3-4 minutes.
- Stir in **beans and their liquid**, **Southwest Spice Blend**, and **Tex-Mex paste**. Season with **salt** and **pepper**. Bring to a simmer and cook until liquid has thickened, 4-6 minutes.
- Using a potato masher or fork, mash beans until mostly smooth.
- Remove pan from heat and stir in **1 TBSP butter (2 TBSP for 4 servings)** until melted.
- S Use pan used for beef or turkey here.



4 FINISH & SERVE

- Wrap **tortillas** in damp paper towels and microwave until warm and pliable, 30 seconds.
- Divide tortillas between plates and fill with smashed beans, Monterey Jack, slaw, smoky red pepper crema, pickled onion (draining first), and remaining cilantro. Serve with any remaining lime wedges on the side.