



ONE-PAN BLACK BEAN & PEPPER QUESADILLAS

with Lemon Crema

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Lemon



1 | 2
Long Green
Pepper



1 | 2
Black Beans



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



1 | 2
Tex-Mex Paste



2 | 4
Flour Tortillas
Contains: Soy, Wheat



1 Cup | 2 Cups
Mexican Cheese
Blend
Contains: Milk



½ Cup | ½ Cup
Monterey Jack
Cheese
Contains: Milk



1 tsp | 2 tsp
Hot Sauce



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
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
Chicken Breast
Strips

Calories: 1080



10 oz | 20 oz
Ground Beef**

Calories: 1210



PREP: 5 MIN | COOK: 15 MIN | CALORIES: 890



HELLO

HALL OF FAME

Meet one of our all-star recipes: a tried-and-true favorite chosen by home cooks like you!

FLIP OUT

Once the first side of your quesadilla is golden, shove your spatula underneath and secure the top with your hand. Then flip!

BUST OUT

- Strainer
- Medium bowl
- Small bowl
- Paper towels 🍴
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp) 🍴 🍴
- Butter (2 TBSP | 3 TBSP)
Contains: Milk

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🍴 *Chicken is fully cooked when internal temperature reaches 165*.

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



1 PREP & MAKE CREMA

- Wash and dry produce.
- Quarter **lemon**. Core, deseed, and dice **green pepper**. Drain and rinse **beans**.
- In a small bowl, combine **sour cream** with a **big squeeze of lemon juice** to taste. Stir in **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.

- 🍴 Pat **chicken*** dry with paper towels. Heat a **drizzle of oil**
- 🍴 in a large pan over medium-high heat. Add chicken or **beef*** and season with **salt** and **pepper**. Cook, stirring frequently, until cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.



3 ASSEMBLE QUESADILLAS

- Place **tortillas** on a clean work surface; evenly top one half of each tortilla with **Mexican cheese blend**. Top with **filling**, then sprinkle with **Monterey Jack**. Fold tortillas in half to create **quesadillas**.

- 🍴 Add as much **chicken** or **beef** as you like along
- 🍴 with **filling**.



2 MAKE FILLING

- Melt **1 TBSP butter** in a large pan over medium-high heat. Add **green pepper** and cook, stirring occasionally, until softened, 3-4 minutes.
- Add **beans** and **Tex-Mex paste**; season with **salt** and **pepper**. Cook until beans are warmed through, 2-3 minutes.
- Turn off heat; transfer to a medium bowl. Wash out pan.

- 🍴 Use pan used for chicken or beef here.
- 🍴



4 FINISH & SERVE

- Melt **1 TBSP butter** in pan used for filling over medium-high heat. (For 4 servings, you may need to work in batches, using 1 TBSP butter for each batch.) Add **quesadillas**; cook until tortillas are golden brown and cheese melts, 2-4 minutes per side.
- Cut quesadillas into thirds and divide between plates. Drizzle with **lemon crema** and **hot sauce** to taste. Serve.

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