

Black Bean & Sweet Potato Stew

with Cilantro Rice & Oven-Toasted Tortilla Chips

This hearty vegetarian stew offers uniquely satisfying tastes and textures. Seasonal ingredients like sweet potatoes, carrots and spinach take on the deep flavors of ancho chile powder, smoked paprika and more in our Mexican-style spice blend. For plenty of crunch, we're making our own tortilla chips by oven-toasting corn tortillas (perfect for scooping up the stew or crumbling on top). Dollops of crema, along with lime wedges and fresh cilantro, make for refreshing, bright garnishes.

 **Blue Apron Wine Pairing**
Medel Pinot Noir, 2015



Ingredients

- 6 Corn Tortillas
- ¾ Cup Long Grain White Rice
- 1¼ Cups Black Beans
- 3 Cloves Garlic
- 3 Sweet Potatoes
- 2 Carrots
- 1 Lime
- 1 Yellow Onion
- ½ Pound Spinach
- 1 Bunch Cilantro

Knick Knacks

- 2 Tablespoons Tomato Paste
- ¼ Cup Mexican Crema
- 1 Tablespoon Mexican Spice Blend
(Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano)

Makes: 4 servings

Prep Time: 15 minutes | **Cook Time:** 30-40 minutes



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/fp394

1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Stack the tortillas; cut into 6 equal-sized wedges. Finely chop the cilantro leaves and stems. Peel and finely chop the garlic. Peel and small dice the onion and carrots. Peel and medium dice the sweet potatoes. Drain and rinse the beans. Quarter the lime.

2



Cook the rice:

In a medium pot, combine the **rice**, a **big pinch of salt** and **1½ cups of water**. Heat to boiling on high. Once boiling, cover and reduce the heat to low. Cook 12 to 14 minutes, or until the water has been absorbed and the rice is tender. Remove from heat; fluff the cooked rice with a fork. Stir in **half the cilantro**. Transfer to a serving dish and set aside in a warm place.

3



Start the stew:

While the rice cooks, in a large pot, heat 1 tablespoon of olive oil on medium-high until hot. Add the **garlic**, **onion**, **carrots** and **sweet potatoes**; season with salt and pepper. Cook, stirring occasionally, 6 to 8 minutes, or until slightly softened and fragrant.

4



Make the tortilla chips:

While the vegetables cook, place the **tortillas** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer. Toast in the oven, stirring halfway through, 10 to 12 minutes, or until golden brown and crispy. Remove from the oven and transfer to a paper towel-lined plate; immediately season with salt.

5



Finish the stew:

While the tortillas toast, add the **beans**, **tomato paste** and **spice blend** to the pot of vegetables; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until the tomato paste is dark red and fragrant. Add the **spinach** and **4 cups of water**; cook, stirring occasionally, 14 to 16 minutes, or until the liquid has thickened and the sweet potatoes are tender when pierced with a fork. Remove from heat; season with salt and pepper to taste.

6



Plate your dish:

Divide the **finished stew** between 4 bowls. Top with the **crema**. Garnish with the **lime wedges** and **remaining cilantro**. Serve with the **cooked rice** and **tortilla chips** on the side. Enjoy!