

Mexican Beef & Rice Bowls

with Creamy Guacamole & Tomato Salsa

🕒 20-30 MINS | 4 SERVINGS

These satisfying bowls highlight a duo of bold Mexican-style ingredients, including the blend of traditional spices like ancho chile powder, smoked paprika, and cumin that flavors roasted carrots, and the smoky-sweet guajillo chile pepper sauce we're pairing with savory ground beef. Two complementary toppings of creamy guacamole and fresh tomato salsa provide cooling contrast to the dish.



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Crisp & Minerally

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Ingredients



1 1/8 lbs
GROUND BEEF



1 cup
JASMINE RICE



1 15.5-oz can
BLACK BEANS



1/4 cup
SOUR CREAM



1/2 cup
GUACAMOLE



1 oz
SLICED PICKLED
JALAPEÑO PEPPER



3/4 lb
CARROTS



1/2 lb
GRAPE TOMATOES



1
LIME



3/4 cup
GUAJILLO CHILE
PEPPER SAUCE



1 Tbsp
MEXICAN SPICE
BLEND*

*Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano



To find out more about Wellness at Blue Apron visit us at www.blueapron.com/pages/wellness, or for further nutrition information see the Nutrition Facts card.



1 Prepare & roast the carrots:

- ☐ Place an oven rack in the center of the oven, then preheat to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Line a sheet pan with foil.
- ☐ Peel the **carrots**; halve lengthwise, then cut crosswise into 1/2-inch pieces.
- ☐ Transfer to the sheet pan. Drizzle with **olive oil**; season with salt, pepper, and **half the spice blend**. Toss to coat; arrange in an even layer.
- ☐ Roast 14 to 16 minutes, or until browned and tender when pierced with a fork. Remove from the oven.



2 Cook the rice & beans:

- ☐ Meanwhile, drain and rinse the **beans**.
- ☐ In a medium pot, combine the **rice, drained beans, remaining spice blend, a big pinch of salt, and 2 cups of water**; stir to combine. Heat to boiling on high.
- ☐ Once boiling, reduce the heat to low. Cover and cook, without stirring, 16 to 18 minutes, or until the water has been absorbed and the rice is tender. Turn off the heat and fluff with a fork.



3 Prepare the remaining ingredients & make the salsa:

- ☐ Meanwhile, halve the **tomatoes**.
- ☐ Halve the **lime** crosswise.
- ☐ Roughly chop the **pepper**. Thoroughly wash your hands immediately after handling.
- ☐ In a medium bowl, combine the **halved tomatoes, the juice of 1 lime half, a drizzle of olive oil, and as much of the chopped pepper as you'd like**, depending on how spicy you'd like the dish to be. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.



4 Cook the beef:

- ☐ Meanwhile, in a large pan (nonstick, if you have one), heat **1 teaspoon of olive oil** on medium-high until hot.
- ☐ Add the **beef**; season with salt and pepper. Cook, stirring frequently and breaking the meat apart with a spoon, 3 to 4 minutes, or until lightly browned.
- ☐ Carefully drain off and discard any excess oil.
- ☐ Add the **guajillo chile sauce** (carefully, as the liquid may splatter) and **1/4 cup of water**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until the sauce is slightly thickened and the beef is cooked through.
- ☐ Turn off the heat. Taste, then season with salt and pepper if desired.



5 Make the creamy guacamole & serve your dish:

- ☐ Meanwhile, in a bowl, combine the **guacamole, sour cream, and the juice of the remaining lime half**. Season with salt and pepper.
- ☐ Serve the **cooked rice and beans** topped with the **cooked beef, salsa** (discarding any liquid), **roasted carrots, and creamy guacamole**. Enjoy!

NUTRITION PER SERVING (AS PREPARED)* Calories: 810, Total Carbohydrates: 82g, Dietary Fiber: 12g, Added Sugar: 0g, Total Fat: 38g, Saturated Fat: 13g, Protein: 35g, Sodium: 1480mg.

CONTAINS: See Ingredient Packaging for Allergen(s).

*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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