

Beyond Beef™ & Quinoa Enchiladas

with Black Beans & Monterey Jack Cheese

4 SERVINGS

⌚ 40-50 MINS

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Ingredients



16 oz Plant-Based
Ground Beyond
Beef™ 🔗



½ cup Red Quinoa



1 15.5-oz can Black
Beans



2 cloves Garlic



4 oz Shredded
Monterey Jack
Cheese



18 oz Ground
Beef 🔗



2 Poblano Peppers



1 Lime



¾ cup Guajillo Chile
Pepper Sauce



1 Tbsp Hot Sauce



8 Flour Tortillas



1 Yellow Onion



½ cup Sour Cream



1 ½ Tbsps Maple
Syrup



1 Tbsp Mexican Spice
Blend¹

1. Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano
*Ingredients may be replaced and quantities may vary.

1 Cook the quinoa

- Place an oven rack in the center of the oven; preheat to 450°F.
- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **quinoa**. Cook, uncovered, 18 to 20 minutes, or until tender. Drain thoroughly.



2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Halve, peel, and thinly slice the **onion**.
- Peel and roughly chop **2 cloves of garlic**.
- Drain and rise the **beans**.
- Combine the **chopped garlic** and **drained beans** in a bowl.
- Zest the **lime** to get 2 teaspoons (or use the small side of a box grater). Halve the lime crosswise.
- Cut off and discard the stems of the **peppers**. Halve the peppers lengthwise; remove the ribs and seeds, then thinly slice crosswise. Thoroughly wash your hands and cutting board immediately after handling.
- Combine the **sliced onion** and **sliced peppers** in a bowl.
- In a separate bowl, whisk together the **lime zest**, **half the sour cream**, and **the juice of 1 lime half**; season with salt and pepper.



3 Start the filling

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced onion and peppers**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the **Beyond Beef™** and **spice blend**; season with salt and pepper. Cook, stirring frequently and breaking the Beyond Beef™ apart with a spoon, 4 to 5 minutes, or until browned.
- Carefully drain off and discard any excess oil from the pan.
- Add the **prepared garlic and beans, maple syrup**, and **as much of the hot sauce as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined and the Beyond Beef™ is cooked through.
- Transfer to a large bowl.



CUSTOMIZED STEP 3 *If you chose Ground Beef*

- Cook as directed in Step 3, using the **beef** (instead of Beyond Beef™).

4 Finish the filling & assemble the enchiladas

- To the bowl of **cooked Beyond Beef™ and vegetables**, add the **cooked quinoa, remaining sour cream**, and **the juice of the remaining lime half**. Stir to combine. Taste, then season with salt and pepper if desired.
- Place the **tortillas** on a work surface.
- Spread about **3 cups of the filling** into the bottom of a baking dish.
- Divide the **remaining filling** among the tortillas; tightly roll up each tortilla around the filling.
- Transfer to the baking dish, seam side down. Evenly top with the **guajillo chile sauce and cheese**.



CUSTOMIZED STEP 4 *If you chose Ground Beef*

- Finish the filling and assemble the enchiladas as directed, using the bowl of **cooked beef and vegetables** (instead of Beyond Beef™).

5 Bake the enchiladas & serve your dish

- Bake the **enchiladas** 8 to 10 minutes, or until lightly browned and the cheese is melted.
- Remove from the oven and let stand at least 2 minutes before serving.
- Serve the **baked enchiladas** topped with the **lime sour cream**. Enjoy!



NUTRITION PER SERVING (AS PREPARED)**

Calories: 860, Total Carbohydrates: 83g, Dietary Fiber: 14g, Added Sugars: 6g, Total Fat: 41g, Saturated Fat: 16g, Protein: 43g, Sodium: 2090mg.

**For information about our wellness labels visit us at blueapron.com/wellness. To view this meal's FULL NUTRITION FACTS and any customizations you may have applied, select this recipe from your Current page in the Blue Apron app or blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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