

# Black Bean & Cheese Tortas

*with Roasted Broccoli  
& Lime Sour Cream*

**TIME:** 35-45 minutes

**SERVINGS:** 4

Tonight, we're making Southwest-inspired tortas, or pressed sandwiches, loaded with zesty veggies. At their heart are creamy black beans and sautéed spinach and onion seasoned with a blend of smoky Mexican spices—all tied together with cooling sour cream. Shredded Monterey Jack adds a cheesy layer that melts beautifully as the tortas are pressed in the pan to achieve a perfect golden exterior.



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## Ingredients



4  
SANDWICH ROLLS



1 ¼ cups  
BLACK BEANS



4 oz  
MONTEREY JACK  
CHEESE



½ cup  
SOUR CREAM



2 oz  
SWEET PIQUANTE  
PEPPERS



1 Tbsp  
MEXICAN SPICE  
BLEND\*



1 ½ lbs  
BROCCOLI



1  
LIME



1  
YELLOW ONION



4 oz  
SPINACH



2 cloves  
GARLIC

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



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## 1 Prepare the ingredients:

- ☐ Place an oven rack in the center of the oven, then preheat to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Cut off and discard the bottom ½ inch of the broccoli stems. Cut the broccoli into small pieces.
- ☐ Peel and small dice the onion.
- ☐ Peel and roughly chop the garlic.
- ☐ Drain and rinse the beans.
- ☐ Roughly chop the peppers.
- ☐ Quarter the lime.
- ☐ Halve the rolls.
- ☐ Grate the cheese on the large side of a box grater.



## 2 Roast the broccoli:

- ☐ Place the **broccoli** on a sheet pan. Drizzle with olive oil and season with salt and pepper. Toss to thoroughly coat. Arrange in an even layer. Roast 21 to 23 minutes, or until browned and tender when pierced with a fork. Remove from the oven and set aside in a warm place.

## 3 Cook the vegetables:

- ☐ While the broccoli roasts, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **onion**; season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until lightly browned and softened.
- ☐ Add the **garlic** and **spice blend**. (If the pan seems dry, add a drizzle of olive oil.) Cook, stirring constantly, 30 seconds to 1 minute, or until fragrant. Add the **beans**, **spinach**, and **½ cup of water**; season with salt and pepper. Cook, stirring occasionally and smashing the beans with the back of a spoon, 2 to 3 minutes, or until slightly thickened. Turn off the heat.

## 4 Finish the vegetables & assemble the tortas:

- ☐ Add the **peppers**, the **juice of 2 lime wedges**, and **half the sour cream** to the pan; stir to thoroughly combine. Season with salt and pepper to taste.
- ☐ Place the **rolls** on a work surface. Evenly divide the finished vegetables among the roll bottoms. Top with the **cheese**. Season with salt and pepper. Complete the tortas with the roll tops.
- ☐ Rinse and wipe out the pan.



## 5 Cook the tortas:

- ☐ In the same pan, heat 1 tablespoon of olive oil on medium until hot. Add the **tortas**. Place a heavy-bottomed pot (or pan) on top of the tortas and press down. Cook, occasionally pressing down on the pot, 2 to 3 minutes per side, or until lightly browned and the cheese has melted. (If the pan seems dry, add a drizzle of olive oil before flipping.) Transfer to a cutting board; halve the tortas on an angle.



## 6 Make the lime sour cream & serve your dish:

- ☐ While the tortas cook, in a bowl, combine the **remaining sour cream** and the **juice of the remaining lime wedges**. Season with salt and pepper to taste.
- ☐ Divide the **cooked tortas** and **roasted broccoli** among 4 dishes. Drizzle the broccoli with the **lime sour cream**. Enjoy!