

# Cilantro Beef & Black Beans

with Avocado & Brown Rice

4 SERVINGS

⌚ 20-30 MINS

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## Ingredients



18 oz Thinly Sliced Beef 



1 1/8 cups Brown Rice



3 oz Radishes




2 tsp Chipotle Chile Paste



1 Tbsp Apple Cider Vinegar



18 oz Ground Turkey 



1 Avocado



2 cloves Garlic



1 Tbsp Light Brown Sugar



1 15.5-oz can Black Beans



1/2 lb Mushrooms



5 oz Baby Spinach



1/4 cup Cilantro Sauce



Serve with Blue Apron wine that has this symbol  
[blueapron.com/wine](https://blueapron.com/wine)



16 13 7

SmartPoints® value per serving (as packaged)



Scan this barcode in your WW app to track SmartPoints.

Wine is not included in SmartPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

If you customized this recipe, your SmartPoints may differ from what's above.

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\*Ingredients may be replaced and quantities may vary.



## 1 Make the spinach rice

- Fill a medium pot  $\frac{3}{4}$  of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Once boiling, add the **rice**. Cook, uncovered, 17 to 19 minutes, or until tender.
- Turn off the heat. Drain thoroughly and return to the pot.
- Add the **spinach** and stir until slightly wilted. Cover to keep warm.



## 2 Prepare the ingredients

- Meanwhile, halve and pit the **avocado**. Using a spoon, remove the avocado from the skin, then medium dice.
- Halve the **radishes** lengthwise, then thinly slice crosswise.
- Peel and roughly chop **2 cloves of garlic**.
- Cut the **mushrooms** into bite-sized pieces.
- Drain and rinse the **beans**.



## 3 Make the avocado-radish topping

- In a medium bowl, combine the **diced avocado**, **sliced radishes**, **vinegar**, and a drizzle of **olive oil**. Season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes.
- Taste, then season with salt and pepper if desired.



## 4 Cook the mushrooms

- Meanwhile, in a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **mushroom pieces** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Season with salt and pepper. Continue to cook, stirring occasionally, 1 to 2 minutes, or until browned.
- Transfer to a plate.
- Wipe out the pan.



## 5 Cook the beef & serve your dish

- Separate the **beef**; pat dry with paper towels. Season with salt and pepper.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned beef** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned.
- Add the **chopped garlic**, **drained beans**, **sugar**, **2 tablespoons of water**, and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until the beef is coated and just cooked through.
- Add the **cooked mushrooms**. Cook, stirring constantly, 30 seconds to 1 minute, or until combined. Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the **spinach rice** topped with the **cooked beef and mushrooms**, **cilantro sauce**, and **avocado-radish topping** (discarding any liquid). Enjoy!



## ↩ CUSTOMIZED STEP 5 If you chose Turkey

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **turkey**. Season with salt and pepper. Cook, stirring frequently and breaking the meat apart with a spoon, 3 to 4 minutes, or until lightly browned.
- Add the **chopped garlic**, **drained beans**, **sugar**, **2 tablespoons of water**, and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until the turkey is coated and cooked through.
- Add the **cooked mushrooms**. Cook, stirring constantly, 30 seconds to 1 minute, or until combined. Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the **spinach rice** topped with the **cooked turkey and mushrooms**, **cilantro sauce**, and **avocado-radish topping** (discarding any liquid). Enjoy!

### NUTRITION PER SERVING (AS PREPARED)\*\*

Calories: 680, Total Carbohydrates: 73g, Dietary Fiber: 12g, Added Sugars: 3g, Total Fat: 23g, Saturated Fat: 6g, Protein: 43g, Sodium: 1320mg.

\*\*For information about our wellness labels visit us at [blueapron.com/wellness](https://blueapron.com/wellness). SmartPoints are calculated based on as packaged. 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](https://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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