

Mexican Beef & Rice Bowls

with Guacamole & Tomato Salsa

4 SERVINGS

20-30 MINS



 **Blue Apron**
blueapron.com





 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an  icon) and instructions tailored to you.*

Ingredients

Customized ingredients


 18 oz Ground Beef 


SWAPPED FOR:

 18 oz Ground Turkey 

 1 Lime

 1 oz Sliced Pickled Jalapeño Pepper


 1 15.5-oz can Black Beans

 ¾ lb Carrots

 ½ cup Guacamole


 ¼ cup Sour Cream

 1 cup Long Grain White Rice

 ½ lb Grape Tomatoes

 ¾ cup Guajillo Chile Pepper Sauce

 1 Tbsp Mexican Spice Blend¹

 Serve with Blue Apron wine that has this symbol blueapron.com/wine

Cook along on the app

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

1 Prepare & roast the carrots

- Place an oven rack in the center of the oven; 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 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 a drizzle 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.



↩ CUSTOMIZED STEP 4 *If you chose Ground Turkey*

- Follow the directions in Step 4, using the **turkey** (instead of beef).

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, roasted carrots, and creamy guacamole**. Enjoy!



↩ CUSTOMIZED STEP 5 *If you chose Ground Turkey*

- Make the creamy guacamole and serve your dish as directed with the **cooked turkey** (instead of beef).