

Black Bean & Zucchini Enchiladas

with Cheddar & Monterey Jack Cheese

4 SERVINGS

40-50 MINS

 **Blue Apron**
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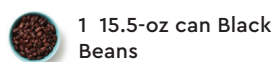
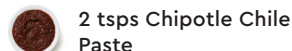
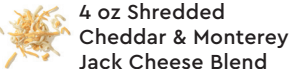
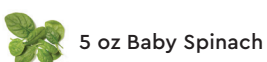
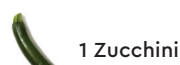
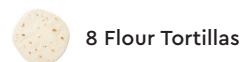
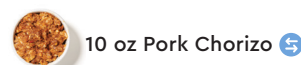
Ingredients*

Customized ingredients

ADDED:



or



Serve with Blue Apron wine that has this symbol
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Cook along on the app



The Blue Apron app doesn't just help you manage and track your weekly deliveries—it's also a hub for cooking inspiration! Browse our thousands of recipes, watch how-to videos, and cook along to your weekly recipes with step-by-step directions tailored to your meal's preferences. Download it from the App Store or Google Play today.

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



"Alexa, find Blue Apron recipes."

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** and cook, uncovered, 20 to 22 minutes, or until tender. Turn off the heat.
- Drain thoroughly and transfer to a large bowl.



2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Medium dice the **zucchini**.
- Drain and rinse the **beans**.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.



3 Cook the vegetables & make the filling

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **diced zucchini** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned; season with salt, pepper, and **half the spice blend** (you will have extra). Continue to cook, stirring frequently, 1 to 2 minutes, or until softened.
- Add the **spinach**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until wilted.
- Transfer to the bowl of **cooked quinoa**. Add the **drained beans**, **vinegar**, and a drizzle of **olive oil**. Season with salt and pepper and stir to combine.
- Rinse and wipe out the pan.



↩ CUSTOMIZED STEP 3

If you chose Ground Beef or Chorizo

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **beef or chorizo**. Cook, stirring frequently and breaking the meat apart with a spoon, 2 to 3 minutes, or until lightly browned; season with salt and pepper.
- Add the **diced zucchini** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned; season with salt, pepper, and **half the spice blend** (you will have extra). Continue to cook, stirring frequently, 1 to 2 minutes, or until softened.

Customized Step 3 continued:

- Add the **spinach**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until wilted and the meat is cooked through.
- Transfer to the bowl of **cooked quinoa**. Add the **drained beans**, **vinegar**, and a drizzle of **olive oil**. Season with salt and pepper and stir to combine.
- Rinse and wipe out the pan.

4 Make the sauce

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced white bottoms of the scallions**; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until slightly softened.
- Add the **tomato paste** and as much of the **chile paste** as you'd like, depending on how spicy you'd like the dish to be. Cook, stirring constantly, 1 to 2 minutes, or until thoroughly combined.
- Add $\frac{1}{2}$ **cup of water** (carefully, as the liquid may splatter). Cook, stirring constantly, 30 seconds to 1 minute, or until the sauce is slightly thickened.
- Turn off the heat. Stir in the **sour cream** until combined. Taste, then season with salt and pepper if desired.



5 Assemble the enchiladas

- Spread about **2 cups of the filling** into the bottom of a large baking dish.
- Place the **tortillas** on a work surface.
- Divide the **remaining filling** among the tortillas; tightly roll up each tortilla around the filling.
- Transfer to the baking dish in an even layer, seam side down. Evenly top with the **sauce** and **cheese**. Season with salt and pepper.



↩ CUSTOMIZED STEP 5

If you chose Ground Beef or Chorizo

- Assemble the enchiladas as directed, using about **3 cups of the filling** in the baking dish.

6 Bake the enchiladas & serve your dish

- Bake the **enchiladas** 7 to 9 minutes, or until lightly browned and the cheese is melted.
- Remove from the oven.
- Let stand at least 2 minutes before serving.
- Serve the **baked enchiladas** garnished with the **sliced green tops of the scallions**. Enjoy!

