

SKU1442 hero

## Black Bean & Quinoa Taco Bowl

with Crispy Tortilla Strips



20-30min



4 Servings

Taco bowls are already the best, so how could we possibly improve them? Make them healthier, of course! This taco bowl is brimming with protein thanks to the tri-color quinoa that we used instead of rice. Creamy chorizo chili-spiced black beans are layered on top, along with marinated onion-tomato salad, crunchy romaine ribbons, tangy sour cream, fresh cilantro, and crispy tortilla strips. Cook...

## What we send

- red onion
- chorizo chili spice blend
- plum tomatoes
- romaine heart
- lime
- tri-color quinoa
- fresh cilantro
- 6-inch white corn tortillas
- canned black beans

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- large skillet
- small saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

## Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 406.0kcal, Fat 20.3g, Proteins 10.4g, Carbs 45.8g



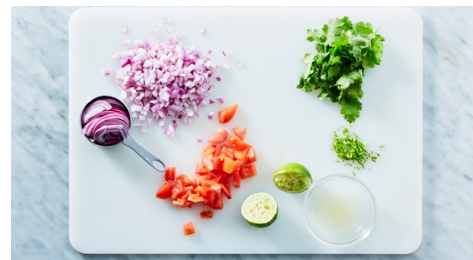
### 1. Cook quinoa

Preheat oven to 375°F with a rack in the center. Place **quinoa** in a medium saucepan along with **1 ¼ cups water** and **a pinch of salt**. Bring to a boil, reduce heat to low, and cover. Cook until water is absorbed and quinoa is tender, 15-18 minutes. Set aside, and cover to keep warm until ready to serve.



### 4. Bake tortillas

Generously brush **tortillas** with **oil** and season with **salt** and **pepper**. Cut into ¼-inch wide strips and place on a rimmed baking sheet. Bake on center oven rack, tossing halfway through, until golden brown and crisp, 8-10 minutes. Remove from oven and sprinkle with **salt**.



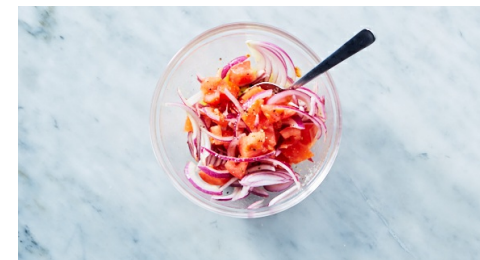
### 2. Prep ingredients

Pick **cilantro leaves** from stems; thinly slice **stems**. Halve **onion**, then peel and thinly slice ⅓ cup, and finely chop the rest. Squeeze **lime juice**. Cut **tomatoes** into ½-inch pieces. Halve **romaine** lengthwise, then slice crosswise into thin ribbons, discarding end.



### 5. Cook beans

In a large skillet, heat **1 tablespoon oil** over medium-high. Add **chopped onion** and cook until softened and golden brown, 3-5 minutes. Add **cilantro stems** and **all of the chorizo chili spice**, and cook, about 1 minute. Add **beans** and **their liquid**, and cook until thickened, about 5 minutes. Add **half of the cilantro leaves** and season to taste with **salt** and **pepper**.



### 3. Marinate tomato & onion

In a medium bowl, whisk together **lime juice** and **¼ cup oil**. Season to taste with **salt** and **pepper**. Stir in **sliced onions** and **chopped tomatoes**. Set aside to marinate.



### 6. Assemble & serve

In a small bowl, thin **sour cream** by adding **1 teaspoon of water** at a time, to make a spoonable sauce. Toss **romaine** with **marinated tomatoes and onions**. Spoon **quinoa** into bowls. Top with **black beans**, **romaine-onion-tomato salad**, **sour cream**, **tortilla strips**, and **cilantro leaves**. Enjoy!