



Braised Black Bean Stew

with Cheesy Grits and Crispy Shallots



30-40min



4 Servings

When we want a hearty, nutritious dinner and we want it quick, braised beans are the answer. Here, we let black beans simmer with shallots and tomatoes, leaving time to quickly whisk together the cheesy spinach grits. To take this dish over the top, we serve it with crispy shallots, and a hit of spicy-smoky chorizo oil. Cook, relax, and enjoy!

What we send

- fresh parsley
- chorizo chili spice blend
- sharp white cheddar ⁷
- vine-ripened tomatoes
- shallot
- cans black beans
- quick-cooking grits
- baby spinach

What you need

- coarse kosher salt
- freshly ground pepper

Tools

- box grater
- saucepan
- saucepan
- skillet

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

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 591kcal, Fat 25g, Carbs 72g, Proteins 21g



1. Prep ingredients

Trim ends from **shallot**, then halve, peel and cut $\frac{1}{3}$ of the shallot into $\frac{1}{4}$ -inch thick slices; separate into rings. Finely chop **remaining shallot**. Core **tomatoes**, then chop into $\frac{1}{2}$ -inch pieces. Finely chop **parsley leaves**, discarding stems. Grate or finely chop **cheddar**.



4. Make grits

Meanwhile, bring **4½ cups water** and $\frac{3}{4}$ **teaspoon salt** to a boil in a medium saucepan. Add **grits** in a steady stream, stirring constantly. Cover, cook over medium-low, stirring occasionally, until tender and thickened, 6–7 minutes. Off heat, add **cheddar**, stirring until melted, then fold in **spinach** in batches. Season to taste with **salt** and **pepper**.



2. Sauté vegetables

Heat **1 tablespoon oil** in a large saucepan over medium. Add **chopped shallot** and $\frac{1}{2}$ **teaspoon salt**, and cook, stirring occasionally, until softened, 3 minutes. Add **chopped tomatoes** and cook until they begin to soften and release their juices, about 3 minutes.



5. Make chorizo chili oil

In a small skillet, heat **3 tablespoons oil** over medium until shimmering. Add **sliced shallots** and cook, stirring frequently, until golden and crisp, 3–5 minutes. Using a slotted spoon, transfer shallots to a paper towel-lined plate to drain. Season with **salt**. Remove skillet from heat, then carefully stir **1 teaspoon of chorizo chili spice blend** into the oil.



3. Braise black beans

Add **black beans and their liquid** and $\frac{3}{4}$ **teaspoon salt** to the saucepan, and simmer over medium-high until thickened slightly, about 15 minutes. Off heat, stir in **half of the parsley** and season to taste with **salt** and **pepper**. Cover to keep warm.



6. Finish & serve

Rewarm **grits** if necessary then spoon into bowls. Top grits with **braised black beans** and drizzle with some of the **chorizo chili oil**. Garnish with the **remaining chopped parsley** and **fried shallots**. Pass the **remaining chorizo chili oil** at the table. Enjoy!