



Saucy Red Bean & Quinoa Bowl

with Marinated Peppers & Cheddar



Cooking Time



4 Servings

Quinoa became a dietary staple in Peru and Bolivia around 4,000 years ago due to its abundance. Fast forward to the present day—quinoa is having a moment, and we're here for it. Quinoa is a seed that cooks similarly to rice, plus it is gluten-free and nutrient dense making it a healthy sub for grains.

What we send

- roasted, salted pumpkin seeds
- garlic
- chorizo chili spice blend
- white quinoa
- canned kidney beans
- red bell pepper
- scallions
- fresh cilantro

What you need

- apple cider vinegar
- kosher salt & ground pepper
- olive oil

Tools

- box grater
- large skillet
- medium 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 880.0kcal, Fat 55.0g, Proteins 30.0g, Carbs 70.0g



1. Cook quinoa

In a medium saucepan, combine **quinoa, 3 cups water, and 1½ teaspoons salt**. Bring to a boil, then cover and cook over low until quinoa is tender and liquid is absorbed, about 15 minutes. Remove from heat and cover to keep warm.



4. Char peppers

Heat **1½ tablespoons oil** in a large skillet over high. Add **peppers and a pinch each salt and pepper** to skillet, then reduce heat to medium and cook, stirring occasionally, until softened and browned in spots, 6-8 minutes. Transfer cooked peppers to vinaigrette, stirring to coat.



2. Prep ingredients

Halve **peppers**, remove stems, cores and seeds, then thinly slice. Peel and finely chop **2 teaspoons garlic**. Pick **¼ cup whole cilantro leaves**; finely chop remaining cilantro leaves and stems together (reserve whole leaves for serving). Trim ends from **⅔ of the scallions**, then thinly slice. Coarsely grate **cheddar** on the large holes of a box grater.



5. Season beans

Heat **1½ tablespoons oil** in same skillet over medium-high. Add **remaining chopped garlic and 2 teaspoons of the chorizo chili spice**. Cook until fragrant, about 30 seconds. Add **beans and their liquid**. Cook over medium until liquid is the thickness of heavy cream, 7-8 minutes. Remove from heat. Season to taste with **salt and pepper**.



3. Make vinaigrette

In a medium bowl, combine **¼ cup vinegar** and **½ teaspoon of the garlic**. Whisk in **½ cup oil, ½ teaspoon salt, and a few grinds pepper**.



6. Finish & serve

Stir **chopped cilantro** and **half of the scallions** into **quinoa**. Spoon quinoa into bowls and top with **beans, peppers, and vinaigrette**. Garnish with **cheddar, pepitas, remaining scallions, and reserved whole cilantro leaves**. Enjoy!