

Beyond Beef™ & Quinoa Enchiladas

VEGETARIAN

with Black Beans & Monterey Jack Cheese

🕒 40-50 MINS | 4 SERVINGS

Crowd-pleasing enchiladas get a boost of rich, savory flavor from a filling made from plant-based ground Beyond Beef™ cooked with onion, peppers—plus a touch of sweet heat from maple syrup and hot sauce. To temper the bold flavors, we're topping it all with a cooling dollop of lime sour cream.



MATCH YOUR BLUE APRON WINE



Plush & Fruity

Serve a bottle with this symbol for a great pairing.



Ingredients



1 lb
PLANT-BASED
GROUND BEYOND
BEEF™



8
FLOUR TORTILLAS



1 15.5-oz can
BLACK BEANS



1/2 cup
RED QUINOA



3/4 cup
GUAJILLO CHILE
PEPPER SAUCE



1 Tbsp
HOT SAUCE



4 oz
SHREDDED
MONTEREY JACK
CHEESE



1
YELLOW OR
SWEET ONION



1/2 lb
SWEET PEPPERS



2 cloves
GARLIC



1
LIME



1/2 cup
SOUR CREAM



1 1/2 Tbsps
MAPLE SYRUP



1 Tbsp
MEXICAN SPICE
BLEND*

*Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano



To find out more about Wellness at Blue Apron visit us at www.blueapron.com/pages/wellness, or for further nutrition information see the Nutrition Facts card.



1 Cook the quinoa:

- Place an oven rack in the center of the oven, then 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**. Cook, uncovered, 18 to 20 minutes, or until tender. Drain thoroughly.



2 Prepare the ingredients:

- Meanwhile, wash and dry the fresh produce.
- Halve, peel, and thinly slice the **onion**.
- Cut off and discard the stems of the **peppers**; remove the cores. Halve lengthwise, then thinly slice crosswise.
- Combine the **sliced onion** and **sliced peppers** in a bowl.
- Peel and roughly chop **2 cloves of garlic**.
- Drain and rise the **beans**.
- Combine the **chopped garlic** and **drained beans** in a separate bowl.
- Zest the **lime** to get 2 teaspoons (or use the small side of a box grater). Halve the lime crosswise.
- In a bowl, whisk together the **lime zest**, **half the sour cream**, and the **juice of 1 lime half**; season with salt and pepper.



3 Start the filling:

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced onion and peppers**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the **Beyond Beef™** and **spice blend**; season with salt and pepper. Cook, stirring frequently and breaking the Beyond Beef™ apart with a spoon, 4 to 5 minutes, or until browned.
- Add the **prepared garlic and beans**, **maple syrup**, and **as much of the hot sauce as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined and the Beyond Beef™ is cooked through.
- Transfer to a large bowl.



4 Finish the filling & assemble the enchiladas:

- To the bowl of **cooked Beyond Beef™** and **vegetables**, add the **cooked quinoa**, **remaining sour cream**, and the **juice of the remaining lime half**. Stir to combine. Taste, then season with salt and pepper if desired.
- Place the **tortillas** on a work surface. Spread about **3 cups of the filling** into the bottom of a baking dish. Divide the **remaining filling** among the tortillas; tightly roll up each tortilla around the filling.
- Transfer to the baking dish, seam side down. Evenly top with the **guajillo chile sauce** and **cheese**.



5 Bake the enchiladas & serve your dish:

- Bake the **enchiladas** 8 to 10 minutes, or until lightly browned and the cheese is melted. Remove from the oven and let stand at least 2 minutes before serving.
- Serve the **baked enchiladas** topped with the **lime sour cream**. Enjoy!



NUTRITION PER SERVING (AS PREPARED)* Calories: 860, Total Carbohydrates: 83g, Dietary Fiber: 14g, Added Sugar: 5g, Total Fat: 41g, Saturated Fat: 17g, Protein: 44g, Sodium: 2080mg.

CONTAINS: See Ingredient Packaging for Allergen(s).

*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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