



# CHILLI CHEESE POTATO SKINS

SERVES 2 OR 4

TIME: 50 MIN

CALORIES: 940/SERVING



These chilli cheese potato skins are delicious bundles of flavour, and so easy to make! Baked potato skins stuffed with a meaty chilli and creamy carrot cashew cheese sauce, then topped with our vegan sour cream.

## WHAT YOU'LL NEED

- Oil
- Salt
- Pepper
- Large pan
- Small pot
- Baking sheet
- Silicone baking mat (optional)





OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

## WHAT'S INSIDE

2 servings

4 servings

Onion	1	2
Garlic	2 cloves	4 cloves
Kidney beans	1 cup	2 cups
Veggie ground	300 g	600 g
Crushed tomatoes	1 cup	2 cups
Spice blend	1/2 tsp	1 tsp
Cashew cheese sauce	1 cup	2 cups
Russet potatoes	4	8
Cashew sour cream	1/3 cup	2/3 cup



Preheat oven to 450°F. Prep ingredients: dice **onion** and mince **garlic**. Rub a bit of **oil** on outside of the **potatoes**.



When oven is hot, place **potatoes** on a baking sheet lined with a silicone baking mat (optional). Bake for 35-45 minutes, flipping halfway. Use a fork to check that they are tender and cooked through.



Meanwhile, heat 1 tsp **oil** (2 tsp for 4 servings) in a large pan over medium heat. Once hot, add the **garlic** and **onion** and sauté until fragrant. Mix in the **kidney beans**, **veggie ground**, and **spices**. Cook for 8-10 minutes then add the **crushed tomatoes** and season with **salt** and **pepper**, and simmer while potatoes bake. If too thick, add up to 1 cup of water.



In a small pot over low heat, add the **cashew cheese sauce** and heat until it begins to thicken, stirring often to prevent burning.

Remove **potatoes** from oven (leave oven on). Slice potatoes in half and allow them to cool for a minute, then use a spoon to scoop out some of the middle.



Fill the **potato skins** with a generous helping of **chilli**. Use a spoon to drizzle **cashew cheese sauce** over each **potato**. Place **stuffed potatoes** back in the oven and bake for 10-15 minutes until **cheese sauce** is bubbling.



Remove from oven and top each **potato** with a dollop of **cashew sour cream**.

Nutrition Facts Valeur nutritive	
Per (1011 g) Pour 1 (1011 g)	
<b>Calories 940</b>	<b>% Daily Value*</b>
<b>Fat / Lipides</b> 22 g	<b>% valeur quotidienne*</b> 29 %
Saturated / saturés 3.5 g	18 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides</b> 140 g	
Fibre / Fibres 23 g	82 %
Sugars / Sucres 19 g	19 %
<b>Protein / Protéines</b> 55 g	
<b>Cholesterol / Cholestérol</b> 0 mg	0 %
<b>Sodium</b> 1760 mg	77 %
Potassium 3100 mg	66 %
Calcium 200 mg	15 %
Iron / Fer 11 mg	61 %
*5% or less is a little 15% or more is a lot *5% ou moins c'est peu 15% ou plus c'est beaucoup	