



## Vegetarian Bean Tacos

Prep Time: 30 min

Cook Time: 20 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

461 calories

15 g fat

1,020 mg sodium



### INGREDIENTS: \*\* Items not included in kit

#### PICKLED ONIONS

- 1 medium red onion, thinly sliced
- 1/2 cup of water\*\*
- 1/2 cup apple cider vinegar
- 2 TB maple syrup
- 1 1/2 tsp salt\*\*
- 1/4 tsp red pepper flakes

#### REFRIED BEANS

- 1 TB olive oil\*\*
- 1/2 cup diced onion
- 1/4 tsp salt\*\*
- 2 garlic cloves, minced
- Refried Beans Spice Blend (1/2 tsp chili powder & 1/4 tsp ground cumin)
- 2 (15.5oz) cans pinto beans, drained and rinsed
- 1/2 cup water\*\*
- 2 TB fresh cilantro, chopped
- 1 TB lime juice, from 1 lime

#### ADDITIONAL INGREDIENTS

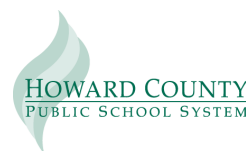
- 12 Corn Tortillas
- Salsa
- Avocado, diced
- Fresh Cilantro, chopped
- 1 cup shredded cabbage
- 3/4 cup feta cheese

### DIRECTIONS:

1. **PICKLED ONIONS:** pack the **onions** into a mason jar or similar heat safe bowl. Place jar in the sink. In a small saucepan, combine the **water, apple cider vinegar, maple syrup, salt** and **red pepper flakes**. Bring the mixture to a gentle simmer over medium heat, then carefully pour the mixture into the jar/bowl over the onions. Use a spoon to press the onions down into the vinegar. Let the pickled onions cool down to room temperature, about 20 minutes. You can keep any leftover onions in the fridge for up to 2 weeks.
2. **REFRIED BEANS:** In a medium saucepan over medium heat, add the **olive oil, diced onions** and **1/4 tsp salt**. Cook stirring occasionally, until the onions have softened, about 5 minutes. Add the **2 cloves minced garlic** and **Refried Beans Spice Blend**, cook stirring constantly for about 30 seconds. Pour in the **drained beans** and **1/2 cup water**. Stir, cover and cook for 5 minutes. Reduce the heat to low and remove the lid. Using a potato masher, mash up about half of the beans. Continue to cook, stirring for about 3 minutes. Remove the saucepan from the heat and stir in **2 TB chopped cilantro** and **1 lime juiced**. If the beans seem dry, add a small splash of water and stir. Cover until ready to use.
3. Warm the **tortillas** by wrapping the stack of tortillas in a damp paper towel or clean kitchen towel, then wrap plastic wrap around the stack and place on a microwavable safe plate. Microwave until tortillas are warm and flexible, about 30 seconds.
4. **To assemble the tacos:** Spread **refried beans** down the center of each **tortilla**. Top with **pickled onions** and finish the tacos with garnishes of choice: **diced avocado, cilantro leaves, salsa, shredded cabbage or feta cheese**.

*Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.*

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## Lemon Broccoli, Chickpea and Avocado Pita Sandwiches

Prep Time: 20 min

Cook Time: 10 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

682 calories

37.3 g fat

940 mg sodium



### INGREDIENTS: \*\* Items not included in kit

#### Broccoli Chickpea Salad

- 3/4 lb. broccoli florets, sliced thin
- 1 (15 oz.) can chickpeas, rinsed and drained
- 1/3 cup sun-dried tomatoes, chopped
- 1/3 cup finely chopped red onion
- 1/3 cup crumbled feta cheese

#### Lemon Dressing

- ¼ cup olive oil\*\*
- 1 lemon juiced, (about 2 TB lemon juice)
- 1 ½ tsp Dijon mustard
- 1 1/2 tsp honey
- 1 clove garlic, minced
- ¼ teaspoon salt\*\*
- Pinch red pepper flakes

#### Everything else

- Avocado
- Salt & black pepper, to taste\*\*
- 4 pita pocket breads

### DIRECTIONS:

1. **Broccoli Chickpea Salad:** Slice the **broccoli florets** into thin slices and chop the **sundried tomatoes**. Rinse and drain the can of **chickpeas**. In a large mixing bowl, combine all of the ingredients listed under **Broccoli Chickpea Salad** and toss to combine.
2. **Lemon Dressing:** Juice the **lemon**. Peel and mince **1 garlic clove**. In a small bowl, combine all the ingredients listed under **Lemon Dressing**. Whisk the ingredients together until emulsified. The dressing should be a little tart, but if it's too tart, add a little more honey to balance the flavors. If it's not tart enough for taste, add a little more lemon juice.
3. Pour the **Lemon Dressing** over the **Broccoli Chickpea Salad** and toss to combine. Place in refrigerator to marinate for at least 15 minutes.
4. **Mashed Avocado:** Halve and pit **avocados** then scoop the flesh of the avocado into a bowl. Mash with a fork until mostly mashed, and spreadable. Season with a pinch of **salt and black pepper**, to taste.
5. To prepare the **pita breads**, warm them for a few minutes in the oven at 400 degrees, or in a toaster oven. Slice in half to open the pita pockets.
6. To assemble: Spread **mashed avocado** inside the warmed **pita pocket** and then place a few spoonful's of the **Broccoli Chickpea Salad** inside.

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