



## Veggie Paella

Prep Time: 25 min

Cook Time: 40 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

470 calories

12 g fat

1186 mg sodium



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

- 3 TB olive oil\*\*
- 1 cup onion, diced
- 1 (8oz) jar roasted red peppers, drained and chopped
- 1 cup red pepper, diced
- 3 garlic cloves, minced
- 2 cups zucchini, diced
- 3 tomatoes, seeded and chopped
- Spice Blend (1/2 tsp Tumeric, 2 tsp Paprika, 1/8 tsp Cayenne Pepper)
- 2 tsp smoked paprika
- 1/8 tsp cayenne pepper
- 1 1/2 cups paella rice/bomba rice/short grain rice
- 3 cups low sodium vegetable rice
- 1 lemon, quartered
- 1/4 cup fresh parsley, chopped

### DIRECTIONS:

1. Drain the **jar of roasted red peppers**. Chop the peppers and set aside. Peel and mince the **garlic cloves**, set aside. Chop the **tomatoes**, set aside. Quarter the **lemon**, set aside. Chop **fresh parsley**, set aside.
2. In a large shallow sauté pan fitted with a lid, heat **3 TB olive oil** over medium heat. Add **onion, roasted red peppers, and red peppers**. Sauté stirring for 10 minutes. Add the **minced garlic, zucchini, chopped tomatoes & spice blend**. Stir to combine and cook over medium heat for 10 minutes, stirring several times.
3. Add the **rice and 3 cups vegetable broth** to the pan. Stir once to combine, cover, reduce heat to medium-low and let simmer for 20 minutes. Do not take the lid off.
4. Remove from heat and fluff with a fork. Serve with a **wedge of lemon** squeezed on top and a sprinkle of chopped **parsley** for garnish.

*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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## Black Bean Burgers

Prep Time: 20 min

Cook Time: 25 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

459 calories

29 g fat

466 mg sodium



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

- 1 TB olive oil\*\*
- 1/2 cup onion, finely minced
- 1 garlic clove, minced
- 1 (15.5 oz) can Black Beans
- 1/2 cup frozen corn kernels, thawed
- 1 TB chipotle in adobo sauce
- 3 TB chopped cilantro
- 1 cup panko breadcrumbs
- 3/4 tsp Spice Blend (1/2 tsp chili powder & 1/4 tsp cumin)
- 1 egg beaten
- Pinch of salt & black pepper\*\*
- 2 TB butter & 2 TB vegetable oil for frying\*\*
- 4 whole wheat burger buns

#### Chipotle Mayonnaise

- 1/2 cup of mayonnaise
- 1 1/2 tsp chopped cilantro
- 2 tsp chipotle in adobo sauce
- 1/2 lime juiced
- 1 lime zested

#### Garnishes

- Lettuce
- Sliced tomato
- Thinly sliced red onion
- Sliced cheddar cheese

### DIRECTIONS:

1. Peel and mince the **garlic clove**. In a small skillet, add **1 TB olive oil** and sauté the **onion** and **garlic** over medium heat until translucent. Set aside to cool.
2. Drain and rinse **black beans**. Place in a bowl and lightly mash with a fork, retaining some consistency.
3. To the bowl of mashed black beans, add the **corn**, **chipotle in adobo sauce**, **cooled garlic/onion mixture from step #1** and **chopped cilantro** and mix well.
4. Add the **breadcrumbs**, **spice blend beaten egg**, **a pinch of salt and pepper**, and mix until everything is well combined. Let mixture stand for 10 minutes in the refrigerator.
5. Form bean mixture into patties about the size of the bun (don't make them too big); you'll probably get 5-6 patties. **STOVETOP METHOD:** Heat **2 TB oil and 2 TB butter** in a non stick skillet over medium low heat. Sear **patties** in skillet and cook 7-8 minutes on each side. Top patties with **cheese** towards the end while cooking the second side to allow cheese to melt. **OVEN METHOD:** Preheat oven to 425 degrees. Coat a baking sheet with **cooking spray**. Place patties on baking sheet and bake 12 minutes. Remove from oven and flip patties over and bake for an additional 10 minutes. Top with **cheese** and broil on low for 1 minute to melt cheese.
6. Toast **hamburger rolls** face down in a griddle or skillet with a little bit of butter.
7. Combine all ingredients in a bowl and stir to combine to make **Chipotle Mayonnaise**.
8. Spread **chipotle mayonnaise** on buns, place burger and top with **lettuce**, **tomato** and **thinly sliced red onion**.

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