



## Vegetarian Bean Tacos

Prep Time: 30 min

Cook Time: 20 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

461 calories

15 g fat

1020 mg sodium



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

#### PICKLED ONIONS

- 1 medium red onion, thinly sliced
- 1/2 cup of water\*\*
- 1/4 cup distilled white vinegar
- 1/4 cup apple cider vinegar
- 1 1/2 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
- 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

- 8 Corn Tortillas
- Salsa Verde
- Fresh Cilantro
- 1 cup shredded cabbage
- 1/2 cup feta cheese
- 1 lime quartered

### DIRECTIONS:

1. **PICKLED ONIONS:** pack the **onions** into a mason jar or similar heat safe vessel. Place jar in the sink.
2. In a small saucepan, combine the **water, both vinegars, 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 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.
3. **REFRIED BEANS:** In a medium saucepan over medium heat, add the **olive oil, diced onions** and **salt**. Cook stirring occasionally, until the onions have softened, about 5 to 8 minutes. Add the **garlic, chili powder** and **cumin**. Cook stirring constantly for about 30 seconds. Pour in the **drained beans** and **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 the **cilantro** and **lime juice**. If the beans seem dry, add a very small splash of water and stir. Cover until ready to use.
4. Warm the **tortillas** in a large skillet over medium heat in batches flipping to warm each side. Stack warm tortillas on a plate and cover with a towel to keep warm.
5. **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 (**cilantro leaves, salsa verde, shredded cabbage, feta cheese, fresh lime juice**).

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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## Portobello Mushroom Cheeseburger and Broccoli

Prep Time: 35 min

Cook Time: 20 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

418 Calories

31.47 g fat

799 mg sodium



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

- 2 tsp olive oil\*\*
- 2 cups finely chopped fresh mushrooms (dice and measure)
- 2 large eggs, lightly beaten
- 1/2 cup dry bread crumbs
- 1/2 cup shredded cheddar cheese
- 1/2 cup finely chopped onion
- 1/4 cup all-purpose flour\*\*
- 1/4 tsp salt & 1/4 tsp black pepper\*\*
- 1 TB olive oil\*\*
- 4 whole wheat hamburger buns
- Mayonnaise (4 packets)
- Lettuce leaves
- 3 cups broccoli florets

### DIRECTIONS:

1. Rinse and dice the **mushrooms**. Heat **2 tsp olive oil** in a nonstick skillet over medium high heat. Add the diced **mushroom** and **diced onions** and sauté for 3-4 minutes or until all the water has been released and evaporated. Mushrooms should be nicely browned. Set aside and let them cool to room temperature.
2. In a large bowl, combine the cooked **mushroom/onion mixture**, **beaten eggs**, **breadcrumbs**, **shredded cheddar cheese**, **1/4 cup flour**, **1/4 tsp salt & 1/4 tsp pepper**. Shape into four 3/4-inch thick patties. If the patties feel too wet, coat them lightly with extra breadcrumbs. Let them sit in the refrigerator for about 20 minutes to firm up. Its important that they sit in the fridge to firm up before cooking, otherwise, they will fall apart when cooking.
3. In a large skillet, heat **1 TB olive oil** over medium heat. Add **burgers**; cook 4-5 minutes on each side or until crisp and lightly browned. Let them cook until crispy before flipping so they do not fall apart. Spread some **mayonnaise** on the **buns**, and top with **lettuce**.
4. Rinse **broccoli florets**. Place in a microwaveable safe dish with 3 TB water and cover. Microwave on high 2-3 minutes. Remove and drain all liquid. Drizzle with **olive oil**, and season with a pinch of **salt** and **pepper**.

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