



Vegetarian Mexican Stuffed Peppers

Prep Time: 15 min
Cook Time : 50 min
Serves: 4

NUTRITION FACTS, PER SERVING:
489 Calories
20.69 total grams of fat
423 mg of sodium



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

- 4 large green bell peppers - wash peppers, tops, seeds, and membranes removed
- 1 tablespoon olive oil**
- 1/2 cup chopped onion
- 2 cups cooked rice (1 cup uncooked)
- 1 (15 ounce) can black beans, drained and rinsed
- 1 (14.5 ounce) can chili-style diced tomatoes
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 1/2 teaspoon ground cumin
- 2 cups shredded cheese blend
- Salt & Pepper**

DIRECTIONS:

1. Bring **2 cups of water** along with a pinch of **salt** to a boil in a medium pot. Add the **1 cup of rice**. Bring back to a boil, stir, reduce heat to low, cover and simmer for about 18 minutes until rice is done. 1 cup rice to 2 cups water will yield 2 cups of cooked rice.
2. Preheat oven to 350 degrees F.
3. Bring a large pot of **water** and **1 tsp salt** to a boil; cook **green bell peppers** in the boiling water until slightly softened, 3 to 4 minutes. Drain.
4. Heat **olive oil** in a skillet over medium heat; cook **onion** in the hot oil until softened and transparent, stirring frequently for 5 to 10 minutes.
5. Mix **2 cups cooked rice, black beans, tomatoes, and cooked onion** in a large bowl. Add **chili powder, garlic powder, cumin, and salt and pepper to taste**; stir until evenly mixed. Fold **1 1/2 cups cheese blend** into rice mixture.
6. Spoon **rice mixture** into each bell pepper; arrange **peppers** in 9x9-inch greased baking dish. Sprinkle **peppers** with remaining **shredded cheese blend**.
7. Bake in the preheated oven until **cheese** is melted and bubbling, about 30 minutes.

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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Onion Quiche and Carrot Salad

Prep Time: 15 min
Cook Time : 50 min
Serves: 8

NUTRITION FACTS, PER SERVING:

626 Calories
42 total grams of fat
778 mg of sodium



INGREDIENTS: ** Items not included in kit

- 2- 9 inch pie crusts (vegetarian crusts)
- 1 stick of unsalted butter
- 3 eggs beaten
- 1 cup light sour cream
- 1 tbsp. hot sauce (4 packets)
- 2 lbs (4 large Vidalia onions) thinly sliced
- 1 cup Parmesan cheese, divided into 1/4 and 3/4 cup
- Olive oil**
- 6 large carrots
- 1/4 cup fresh lemon juice
- 2 garlic cloves, minced
- 2 tsp ground cumin
- 1/2 tsp cayenne pepper
- 1/4 cup olive oil**
- 1/4 cup finely chopped flat-leaf parsley
- Salt and Pepper to taste**

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Roll and fit pie crust unto deep baking pie dishes. Pierce bottom of **pie shells** with a fork and bake for 8 minutes. Set aside.
3. In a large skillet, cook **onions** in **butter** until translucent about 10 minutes stirring often. **Set aside and let them cool off** to prevent the eggs from cooking when you mix all ingredients together.
4. Add the **beaten eggs, 1 cup sour cream, 1/4 tsp salt, 1/8 tsp pepper, 1 TB hot sauce** to the cooked onions. Add **1/4 cup parmesan cheese, and the beaten eggs** last so they don't start to cook. Mix well. Divide mixture among the two pie shells. Top generously with the remaining **3/4 cup parmesan cheese**.
5. Bake in shells for 20-30 minutes or until slightly browned.
6. While the pies are baking, peel **carrots** and bring a large pot of water to a boil. Add the peeled **carrots** or cut in half if they don't fit and cook until just cooked through, about 8-10 minutes. Drain and cut **carrots** into 1/2 inch thick slices.
7. Whisk together the **lemon juice, garlic, cumin, cayenne, and 1/4 tsp salt and 1/8 tsp pepper** in a large bowl. Slowly drizzle in the **olive oil** until emulsified and stir in the **parsley**. Add the cooked **carrots** and toss to combine. Serve cold or at room temperature.

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