45 MINUTE RECIPE
Active time: 30 minutes

Black Bean & Veggie Enchiladas

with Rice & Monterey Jack Cheese



2 <OR> 4 SERVINGS

4	8 Flour Tortillas
1	2 15.5-oz can Black Beans
½	1 cup Long Grain White Rice
1	2 Zucchini
1	2 Poblano Pepper
2	4 Scallions
2	4 oz Shredded Cheddar & Monterey Jack Cheese Blend
¼	½ cup Sour Cream
1	2 Tbsp Ancho Chile Paste
2	4 Tbsp Tomato Paste
½	1 Tbsp Mexican Spice Blend[1]

CUSTOMIZED OPTIONS:

10	20 oz Ground Beef
or	
10	20 oz Pork Chorizo

Cooking for 4 servings?

Cooking instructions are written for 2 servings. If you're cooking for 4, use larger pots and pans, work in batches when necessary, and double any measurements that are highlighted.

Getting Started

COOKING TOOLS
Large Nonstick Pan
Medium Pot
Baking Dish
Knife
Cutting Board

FROM YOUR PANTRY
Olive Oil
Salt
Pepper

Chef's Note

FEATURED INGREDIENT
Ancho chiles are simply poblano peppers that have been ripened to red color and dried, making them one of the milder chiles used in traditional Mexican cuisine. When ground into a paste, these chiles offer subtle heat and smoky flavor that won't overpower.

Blue Apron × Baked by Melissa



We're partnering with **Melissa Ben-Ishay** on an exclusive selection of meals that embody her philosophy of balanced, approachable eating.

(And cupcakes, duh.)

1. Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano
Ingredients may be replaced and quantities may vary.

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SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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Cooking for 4 servings? Double the amount highlighted if you're cooking 4 servings.

1. Cook the rice



- ☐ Preheat the oven to 450°F.
- ☐ Carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- ☐ In a medium pot, combine the **rice**, **a big pinch of salt**, and **1 cup of water**. Heat to boiling on high.
- ☐ Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.
- ☐ Turn off the heat and fluff with a fork.
- ☐ Transfer to a large bowl.

2. Prepare the ingredients



- ☐ Meanwhile, wash and dry the fresh produce.
- ☐ Medium dice the **zucchini**.
- ☐ Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- ☐ Cut off and discard the stem of the **pepper(s)**. Halve lengthwise; remove the ribs and seeds, then medium dice. Thoroughly wash your hands and cutting board immediately after handling.
- ☐ Drain and rinse the **beans**.

Look for customized instructions before the next step!

3. Cook the vegetables & make the filling



- ☐ In a large nonstick pan, heat a drizzle of **olive oil** on medium-high until hot.
- ☐ Add the **diced pepper(s)** and **diced zucchini** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned; season with salt, pepper, and the **spice blend**.
- ☐ Continue to cook, stirring frequently, 2 to 3 minutes, or until softened.

Step 3 continued:

- ☐ Transfer to the bowl of **cooked rice**. Add the **drained beans** and a drizzle of **olive oil**; season with salt and pepper. Stir to combine.
- ☐ Rinse and wipe out the pan.

4. Make the sauce



- ☐ In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- ☐ Add the **sliced white bottoms of the scallions**; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until slightly softened.
- ☐ Add the **tomato paste** and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring constantly, 1 to 2 minutes, or until thoroughly combined.
- ☐ Carefully add **⅓ cup of water**. Cook, stirring constantly, 30 seconds to 1 minute, or until the sauce is slightly thickened.
- ☐ Turn off the heat. Stir in the **sour cream** until combined. Taste, then season with salt and pepper if desired.

5. Assemble the enchiladas



- ☐ Spread about **half the filling** into the bottom of a baking dish.
- ☐ Place the **tortillas** on a work surface.
- ☐ Divide the **remaining filling** among the tortillas; tightly roll up each tortilla around the filling.
- ☐ Transfer to the baking dish, seam side down. Evenly top with the **sauce** and **cheddar and monterey jack**; season with salt and pepper.

6. Bake the enchiladas & serve your dish



- ☐ Bake the **enchiladas** 7 to 9 minutes, or until lightly browned and the cheese is melted.
- ☐ Remove from the oven. Let stand at least 2 minutes before serving.
- ☐ Serve the **baked enchiladas** garnished with the **sliced green tops of the scallions**. Enjoy!

Customized Steps

GROUND BEEF

ADDITIONAL STEP:

- ☐ In a large nonstick pan, heat a drizzle of **olive oil** on medium-high until hot.
- ☐ Add the **beef**. Cook, stirring frequently and breaking the meat apart with a spoon, 5 to 7 minutes, or until browned and cooked through.
- ☐ Carefully drain off and discard any excess oil.
- ☐ Transfer to the bowl of **cooked rice**.
- ☐ Use the same pan to cook the vegetables.

CHORIZO

ADDITIONAL STEP:

- ☐ In a large nonstick pan, heat a drizzle of **olive oil** on medium-high until hot.
- ☐ Add the **chorizo**; break the meat apart with a spoon. Cook, without stirring, 4 to 5 minutes, or until lightly browned. Continue to cook, stirring frequently, 3 to 4 minutes, or until browned and cooked through.
- ☐ Transfer to the bowl of **cooked rice**.
- ☐ Use the same pan to cook the vegetables.

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