

Green Chile Veggie Burrito

Hearty enough to satisfy, fresh enough to feel good. This burrito is stuffed with sautéed zucchini, bell peppers, our signature spiced beans, creamy green chile sauce and Mexican cheese. Seared until crisp in the skillet, it's a comforting, veggie-packed dinner you'll want again and again.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR

PANTRY

Olive Oil

Salt & Pepper

6 MEEZ CONTAINERS

Spinach Herb

Tortillas

Zucchini

Peppers & Onions

Green Chile

Crema

Chihuahua

Cheese

Spiced Beans

Add Protein Instructions

Integrate into recipe: Prior to Step 1, cook the protein according to the directions below. Slice into strips (leave shrimp whole and flake the salmon). Add to the burritos before the beans in Step 2.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (high for steak). When the oil is hot, cook the protein until the:

CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.

STEAK bottoms are brown, and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done). Let rest for 5 minutes.

SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.

SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good to Know

If you ordered the **Carb Conscious version**, we sent you Cauliflower "rice" instead of tortillas, reducing the **carbs per serving to 40g**. Skip step 1. Prior to step 2, heat 1 Tbsp olive oil in the large skillet over medium-high heat. Sauté the cauliflower until brown, about 3 to 4 minutes. Place directly in your serving bowls and layer the other components per instructions in steps 2 and 3 to enjoy as a veggie rice bowl.

Health snapshot per serving – 640 Calories, 23g Fat, 83g Carbs, 28g Protein, and 17 Freestyle Points.

INGREDIENTS: Spinach Herb Tortilla, Zucchini, Black Beans, Great Northern Beans, Green Chile Enchilada Sauce, Chihuahua Cheese, Yellow Onion, Poblano Pepper, Red Bell Pepper, Sour Cream, Cilantro, Lime, Jalapeño, Garlic, Coriander, Cumin, Chili Powder.

meez meals

1. Warm the Tortillas

Heat a large skillet over medium heat. Warm each of the **Spinach Herb Tortillas** until pliable. Set aside.

2. Cook the Veggies

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Zucchini** and **Peppers & Onions** with a sprinkle of salt and pepper. Cook until the peppers start to char, about 4 to 5 minutes. Place the cooked veggies on top of the tortillas across the center of each burrito leaving 1½" empty on the top and bottom. Pour half of the **Green Chile Crema** over the veggies and sprinkle half of the **Chihuahua Cheese** on top. Wipe out the skillet.

3. Cook the Beans

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Spiced Beans** and cook until the beans are hot and the onions start to soften, about 2 to 3 minutes. Transfer the spiced beans to the partially filled tortillas on top of the cheese. Wipe out the skillet

4. Roll the Burritos

Add the remaining Green Chile Crema and cheese to fill the tortillas. Join the front and bottom flaps and lift the tortilla in the air, open-faced. Pull the left and right flaps toward the center so they fold over about 1 to 2 inches and hold them in place with your fingers. Using your thumbs roll the burrito away from your body, keeping the left and right flaps underneath using the weight of the burrito to keep it closed. Press down gently on the top to hold everything in place. Repeat for each tortilla.

5. Put It All Together

Heat the now-empty skillet over medium-high heat. Place each burrito seam side down and cook until browned, about 1 to 2 minutes. Flip and heat the other side for an additional minute. Enjoy!

You should have half of the Green Chile Crema and half the cheese left when completed with step 2.

Instructions for two servings.

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