

# Triple Mushroom Etouffee

Move over crawfish, we have a new favorite etouffee. We're cooking up the Cajun classic with three types of mushrooms, white beans and just the right mix of spices for a New Orleans classic we just love.

**40** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Medium Saucepan  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Butter (1 Tbsp/svg)  
Flour (1 Tbsp/svg)

### 5 MEEZ CONTAINERS

Brown Rice  
Mushrooms  
Mirepoix  
Etouffee Sauce  
Beans

## Make The Meal Your Own

**Make the Meal Your Own** If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the basmati rice, reducing the **carbs per serving to 36g**. Prior to step 4., heat 1 Tbsp olive oil in a large skillet over high heat. Sauté the cauliflower "rice" until it starts to brown, about 2 to 3 minutes. Remove from the heat and set aside. For 240 Calories, 40g Carbs, and 6g Fat.

## Good To Know

**Chef's Note** -- You'll see our method for cooking brown rice is a little unusual. It's faster than the traditional method, and we think the rice ends up fluffier.

**Health snapshot per serving** – 530 Calories, 17g Protein, 8g Fat, 103g Carbs, 17 Smart Points

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Brown Rice, Tomato, Roasted Red Peppers, Great Northern Beans, Cremini Mushrooms, Button Mushrooms, Bell Peppers, Portobello Mushroom, Celery, Yellow Onion, Carrot, Celery, Vegetable Stock, Red Wine Vinegar, Garlic, Tamari, Black Pepper, Paprika, Oregano, Thyme, Basil, Rosemary, Bay Leaf, Cayenne, Old Bay Seasoning, Kosher Salt.

meez meals

### 1. Getting Organized

Bring a medium saucepan of water to a boil.

### 2. Cook the Rice

Add the **Brown Rice** to the boiling water and turn the heat to medium. Simmer uncovered until it is al dente, about 30 minutes. Drain and return it to the pot. Cover and let sit until step 5.

### 3. Cook the Vegetables

While the rice is cooking, heat 2 Tbsp olive oil in a large skillet over medium-high heat. Add the **Mushrooms** and sauté until they start to brown, about 5 minutes. Add the **Mirepoix** and cook until the onions are translucent, about 5 minutes.

### 4. Create the Etouffee

Add 2 Tbsp of butter to the cooked mushrooms and mirepoix and stir until melted, then add 2 Tbsp of flour. Cook over medium high heat, stirring continuously for about 2 minutes. Add **Etouffee Sauce**, **Beans** and 2 cups of water and stir well. Bring the entire mixture to a boil, then reduce the heat to medium low and cook at a low simmer, stirring occasionally, until the liquid has reduced by one-third, about 10 to 12 minutes.

### 5. Put it All Together

Serve the rice topped with the etouffee in serving bowls. Enjoy!

*We cook our brown rice like pasta so use enough water to make sure the rice is covered. Brown rice has a firmer texture than white rice, so it will be more al dente.*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**