

Steak & Black Bean Burrito

Classic and delicious, this steak burrito is just what you're craving. Tender sirloin steak, spiced black beans, chunks of fresh zucchini, fresh salsa and plenty of Mexican cheese - rolled up in a tomato tortilla. Your kitchen might just become your new favorite Mexican restaurant!

30 *Minutes to the Table*

30 *Minutes Hands On*

2 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- 2 Large Skillet
- 2 Mixing Bowls

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

7 MEEZ CONTAINERS

- Tomato & Onions
- Salsa Sauce
- Spiced Black Beans
- Steak
- Mexican Cheese
- Tomato Tortillas
- Zucchini & Red Onions

Make The Meal Your Own

If you ordered the **Carb Conscious** version, we sent you veggie "rice" instead of the tortilla to make a burrito bowl, reducing the **carbs per serving to 35g**. Skip step 4. Prior to step 5, while the steaks are resting, do not wipe out pan and heat 1 Tbsp olive oil in a large skillet over high heat. Sauté the veggie "rice" until it starts to brown, about 2 to 3 minutes. Pour directly into bowl, add the beans, veggies, steak and cheese, and salsa to make a Mexican steak burrito "rice" bowl.

Good To Know

Be sure to generously season your steak with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender. We recommend using ½ tsp of each.

It's important to let the steaks rest to keep them tender and juicy. Give them at least 3 to 5 minutes off the heat before you slice and serve.

Health snapshot per serving – 595 Calories, 26g Fat, 52g Protein, 48g Carbs, 14 Smart Points

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

INGREDIENTS: Steak, Tomato Tortilla, Black Beans, Zucchini, Red Onion, Yellow Onion, Garlic, Tomato, Enchilada Sauce, Chihuahua, Monterey Jack, Cilantro, Cumin, Crushed Red Pepper, Oregano, Sriracha, Coriander.

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1. Create the Salsa

Heat 1 Tbsp olive oil in a large skillet over medium heat. Add the **Tomato & Onions** and cook until the vegetables soften thoroughly, about 10 to 12 minutes. Transfer the cooked salsa veggies to a mixing bowl, combine with the red **Salsa Sauce** and set aside. Wipe out the skillet.

2. Cook the Spiced Beans

While the Tomato & Onions are cooking, add 2 Tbsp olive oil to a second large skillet and heat on medium. When the oil is hot, add the **Spiced Black Beans** and ¼ cup of water. Cook, mashing the beans with a slotted spoon or fork, until the beans resemble refried beans and the mixture thickens, about 8 to 10 minutes. Remove from the heat and set aside. Wipe out the pan.

Add a little extra water to the beans if you like them a bit creamier.

3. Cook the Steak

Return the now-empty skillet, used for the Tomato & Onions, to the stove with 2 Tbsp of olive oil over high heat. Pat the steaks dry and generously season with salt and pepper. When the skillet is very hot, add the **Steaks** to the pan. Cook until the bottoms brown and the sides start to color, about 3 minutes. Flip and continue cooking for 3 minutes if you prefer your steak **medium rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**). Set aside to rest for 5 minutes on a cutting board. After the steaks have rested, use a sharp knife, to cut the steaks into ½" cubes, then put in a mixing bowl with the **Mexican Cheese**. Mix, then set aside.

4. Warm the Tortillas

While the steaks are resting, wipe out the skillet used for the Spiced Beans and return to the stove over medium heat. Warm the **Tomato Tortillas** in the pan for 20 to 30 seconds per side.

5. Roll the Burritos and Serve

Place a tortilla flat on the counter and spread half of the spiced beans in the middle. Add half the steak and cheese mixture on top followed by half the **Zucchini & Red Onions** and half the salsa.

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 second tortilla, serve and enjoy!

Instructions for two servings.

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