

## Steak Quinoa Bowl

This week's family favorite. We're taking our classic red enchilada sauce and marrying it with the deep rich flavors of steak, kale and quinoa. Served with Mexican cheese, it's a cozy dinner everyone will love.

**30** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Saucepan  
Casserole Dish  
Skillet

#### FROM YOUR PANTRY

Salt & Pepper

#### 6 MEEZ CONTAINERS

Quinoa  
Steak  
Kale  
Beans & Tomatoes  
Enchilada Sauce  
Monterey Jack  
Cheese

### Make The Meal Your Own

**Leftovers Tip** – The leftovers from this dish make a delicious taco or burrito filling.

**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.

### Good To Know

**Be sure to generously season your steaks** with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender. Chef Max recommends using ½ tsp of each.

**Health snapshot per serving** – 650 Calories, 37g Fat, 51g Protein, 31g Carbs, 19 Smart Point

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

INGREDIENTS: Steak, Kale, Tomatoes, Monterey Jack Cheese, Quinoa, Black Beans, Tomato Paste, Cilantro, Vinegar, Garlic, Chili, Vegetable Oil, Herbs and Spices

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### 1. Getting Organized

Preheat your oven to 375 and put a saucepan of water on to boil.

### 2. Cook the Quinoa

Add the **Quinoa** to the boiling water and cook for 6 to 8 minutes. Drain and set aside.

### 3. Make the Casserole

While the quinoa is cooking, combine the **Kale, Beans & Tomatoes** and **Enchilada Sauce** in a casserole dish. Bake, stirring occasionally, until the kale shrinks down a bit and starts to crisp, about 7 to 10 minutes. (You'll want to stir about every 3 to 4 minutes to prevent the kale from burning or getting too crisp on the edges). Add the cooked quinoa to the casserole and stir to incorporate. Continue baking until bubbling, about 7 to 10 more minutes.

*This works in everything from a loaf pan to a 10x10 casserole dish*

### 4. Cook the Steak

While the casserole is baking, heat 1 Tbsp of oil in a skillet over high heat. While the skillet is heating, pat the **Steaks** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the skillet is very hot, add the steaks. Cook until the bottoms brown and the sides start to color, about 3 minutes.

*To test if the skillet is hot enough for the steak, hold your hand about 6 inches above the skillet. If you can feel serious heat, it's ready to go.*

- **If you prefer your steak medium-rare**, flip and continue cooking 3 minutes. Remove from the heat and let rest for 5 minutes.
- **If you prefer your steak medium**, flip and continue cooking for 4 minutes. Remove from the heat and let rest for 5 minutes.
- **If you prefer your steak medium-well or well done**, flip and continue cooking for 5 to 6 minutes. Remove from the heat and let rest for 5 minutes.

*Beef continues to cook as it rests, so remove it from the heat when it's a little less done than you like to prevent it from overcooking.*

After the steaks have rested, place them horizontally on a cutting board. Using a sharp knife, cut the steaks into even strips (we aim for ½" x 1" pieces).

### 5. Put It All Together

Sprinkle the **Monterey Jack Cheese** over the top of the casserole and bake until the casserole is bubbling around the edges and the cheese is melted, about 5 more minutes. Serve the casserole topped with the sliced steak.

*Love this recipe?  
#meezmagic*

Instructions for two servings.  
**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**