

Southwestern Tortilla Stew

A southwestern classic. This cozy stew stars roasted sweet potatoes, black beans and Mexican-spiced tomatoes, all topped with crispy tortillas and white cheddar. It's a dinner the whole family will love.

30 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Onions & Garlic
Sweet Potatoes
Tomatoes & Beans
Corn Tortilla
Cheddar Cheese

Make The Meal Your Own

This is a great make-ahead meal. Cook the stew up to 4 days ahead of time, leaving off the toppers. While the stew reheats, crisp the tortilla strips in the toaster or oven.

A note about leftovers – The stew thickens as it sits, so thin it with a little water before reheating.

Omnivore's Option – Turn this into a classic tortilla stew with the addition of chicken. Use leftovers or chopped rotisserie chicken and add it with the tomato and beans.

Good To Know

If you're making the vegan version, we've left the cheddar cheese out of your meal.

Health snapshot per serving – 615 Calories, 16g Fat, 23g Protein, 97g Carbs, 20 Smart Points

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

INGREDIENTS: Sweet Potato, Tomato, Black Beans, Onion, Corn Tortillas, White Cheddar, Concentrated Vegetable Base, Garlic, Herbs and Spices

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1. Getting Organized

Preheat your toaster or conventional oven to 350.

2. Cook the Vegetables

Heat 2 Tbsp of oil in a large saucepan over high heat. Add the **Onions & Garlic** and cook until browned, 5 to 7 minutes. Add the **Sweet Potatoes** and cook for an additional 5 minutes, stirring frequently.

3. Make the Stew

Stir in 2 cups of water and the **Tomatoes & Beans**. Bring the stew to a boil, reduce heat and simmer for 10 minutes.

4. Toast the Tortillas

While the stew is simmering, stack the **Corn Tortillas** on a cutting board and cut into even strips. Add one third of the strips to the stew and cook until slightly thickened, 5 - 7 minutes. Season with salt and pepper to taste.

Brush or spray the other 2/3 of the strips with oil and toast in a toaster or conventional oven until crispy, about 5 to 7 minutes.

Season the tortilla strips with salt and pepper to your taste.

5. Put It All Together

Serve the stew topped with **Cheddar Cheese** and the remaining crispy tortilla strips. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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