

# 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

## Add Protein Cooking Instructions

**Integrate into recipe:** Prior to step 2, cook the protein (per instructions below) and then slice into strips (*shred the chicken, flake the salmon, leave shrimp whole*) and stir into the stew after it simmers in Step 3.

**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

**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. **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

**SCAN QR CODE  
to view YouTube  
cooking video**



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!

Instructions for two servings.

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