



# Hearty Veggie Chili with Tortilla Chips

Veggie

30 Minutes

Customized Protein



+ Add

Swap

or

\*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

|  |   |
|--|---|
| <br>Beyond Meat®<br>2   4 | <br>Ground Beef<br>250 g   500 g |
|--|---|



|   |  |
|---|--|
| <br>Kidney Beans<br>1   2                  | <br>Tortilla Chips<br>85 g   170 g            |
| <br>Green Bell Pepper<br>1   2             | <br>Mirepoix<br>113 g   227 g                 |
| <br>Green Onion<br>2   4                   | <br>Cheddar Cheese, shredded<br>½ cup   1 cup |
| <br>Crushed Tomatoes<br>369 ml   796 ml   | <br>Sour Cream<br>2   4                      |
| <br>Vegetable Broth Concentrate<br>1   2 | <br>Mexican Seasoning<br>2 tbsp   4 tbsp    |
| <br>Chipotle Powder<br>1 tsp   1 tsp     |  |

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Pepper, salt, oil

Cooking utensils | Large pot, measuring cups, measuring spoons, strainer

1



## Prep

- Before starting, wash and dry all produce.

### Heat Guide for Step 3:

- Mild: ½ tsp (¼ tsp)
- Medium: ¼ tsp (½ tsp)
- Spicy: ½ tsp (1 tsp)

- Core, then cut **pepper** into ¼-inch pieces.
- Thinly slice **green onions**.

2



## Start cooking veggies

+ Add | **Beyond Meat®**

+ Add | **Ground Beef**

- Heat a large pot over medium heat.
- When the pot is hot, add **1 tbsp** (2 tbsps) **oil**, then **mirepoix** and **peppers**.
- Cook, stirring often, until **veggies** start to soften, 4-5 min. Season with **salt** and **pepper**.
- Meanwhile, drain and rinse **beans**.

3



## Cook veggies and add spices

- Add **Mexican Seasoning** and **¼ tsp** (¼ tsp) **chipotle powder** to the pot with **veggies**. (**NOTE:** Reference heat guide.)
- Cook, stirring often, until fragrant, 1 min.

4



## Cook chili

- Add **crushed tomatoes**, **beans**, **broth concentrate** and **¾ cup** (1 ½ cups) **water** to the pot. Bring to a boil over high.
- Once boiling, reduce heat to medium.
- Simmer, stirring occasionally, until **chili** thickens slightly, 12-15 min.
- Season with **pepper**, to taste.

5



## Finish and serve

- Divide **veggie chili** between bowls.
- Dollop **sour cream** over top, then sprinkle with **cheese** and **green onions**.
- Serve **half the tortilla chips** (all for 4 ppl) alongside for dipping.

Measurements  
within steps

**1 tbsp** (2 tbsps) **oil**  
2 person 4 person Ingredient

## 2 | Cook veggies and Beyond Meat®

+ Add | **Beyond Meat®**

If you've opted to add **Beyond Meat®**, when the pan is hot, add **Beyond Meat®** along with **mirepoix**, and **peppers**. Cook, breaking up **Beyond Meat® patties** into bite-sized pieces and stirring often, until **veggies** soften slightly, 4-5 min. \*\* Follow the rest of the recipe as written.

## 2 | Cook veggies and beef

+ Add | **Ground Beef**

If you've opted to add **beef**, when the pan is hot, add **beef** along with **mirepoix**, and **peppers**. Cook, stirring often, until **veggies** soften slightly and **beef** is cooked through 4-5 min. \*\* Follow the rest of the recipe as written.