









Hearty Beef and Black Bean Chili

with Mexican-Spiced Sweet Potatoes

Family Friendly 20-30 Minutes

 Swap	 Swap	 Double
		
Ground Turkey 250 g 500 g	Beyond Meat® 2 4	Ground Beef 500 g 1000 g

 Customized Protein  Add  Swap or  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)



	
Ground Beef 250 g 500 g	Sweet Potato 2 4
	
Beef Broth Concentrate 1 2	Sour Cream 1 2
	
Crushed Tomatoes 369 ml 796 ml	Mexican Seasoning 2 tbsp 4 tbsp
	
Black Beans 1 2	Cheddar Cheese, shredded 1/4 cup 1/2 cup
	
Tex-Mex Paste 1 tbsp 2 tbsp	

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 | Salt, pepper, oil

Cooking utensils | Baking sheet, large pot, measuring cups, measuring spoons, strainer, vegetable peeler

1



Roast sweet potatoes

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

- Peel, then cut **sweet potatoes** into ½-inch pieces.
- Add **sweet potatoes**, **half the Mexican Seasoning** and ½ **tbsp** (1 **tbsp**) **oil** to an unlined baking sheet.
- Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 18-20 min.

4



Finish chili

- Add **broth concentrate**, **beans**, **crushed tomatoes** and ½ **cup** (1 **cup**) **canning liquid**. (**TIP:** Use less liquid if you prefer a thicker chili!)
- Reduce heat to medium-low. Simmer, stirring occasionally, until **chili** thickens slightly, 6-9 min.
- Season with **salt** and **pepper**, to taste.

2



Prep beans

- Meanwhile, drain **beans**, reserving **canning liquid**.

3



Start chili

🔄 Swap | **Ground Turkey**

🔄 Swap | **Beyond Meat®**

*2 Double | **Ground Beef**

- Heat a large pot over medium-high heat.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**
- Add **remaining Mexican Seasoning** and **Tex-Mex paste**.
- Cook, stirring often, until fragrant and well combined, 1-2 min.
- Season with **pepper**.

5



Finish and serve

- Stir **sweet potatoes** into **chili**.
- Divide **chili** between bowls. Top with **cheese**.
- Dollop **sour cream** over top.

Measurements
within steps

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

3 | Start chili

🔄 Swap | **Ground Turkey**

If you've opted to get **ground turkey**, cook it in the same way the recipe instructs you to cook the **ground beef**.**

3 | Start chili

🔄 Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, cook and plate it the same way as the **beef**, breaking up **patties** into smaller pieces, until crispy, 5-6 min.**

3 | Start chili

*2 Double | **Ground Beef**

If you've opted for **double beef**, cook it in the same way the recipe instructs you to cook the **regular portion of beef**. Work in batches, if necessary.

** Cook to a minimum internal temperature of 74°C/165°F.