



Cal Smart Turkey Chili


with Cheddar Cheese

Smart Meal 25 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)



 Ground Beef 250 g 500 g	 Beyond Meat® 2 4
 Ground Turkey 250 g 500 g	 Black Beans 1 2
 Mirepoix 113 g 227 g	 Green Onion 1 2
 Garlic, cloves 2 4	 Tomato Sauce Base 4 tbsp 8 tbsp
 Cheddar Cheese, shredded 1/4 cup 1/2 cup	 Sour Cream 1 2
 Mexican Seasoning 1 tbsp 2 tbsp	 Tex-Mex Paste 1 tbsp 2 tbsp
 Chicken Broth Concentrate 1 2	

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.

- Drain and rinse **black beans**.
- Thinly slice green **onion**.
- Peel, then mince or grate **garlic**.

2



Cook turkey

🔄 Swap | **Ground Beef**

🔄 Swap | **Beyond Meat®**

- Heat a large pot over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **turkey, garlic** and **mirepoix**. Season with **Mexican Seasoning, salt** and **pepper**.
- Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min.**

3



Start chili

- Add **Tex-Mex paste, black beans, tomato sauce base, broth concentrate** and **1 ¾ cups** (2 ½ cups) **water** to the pot, then stir to combine.
- Bring to a boil.

4



Simmer chili

- Once boiling, reduce heat to medium-low.
- Cook uncovered, stirring occasionally, until **chili** thickens slightly, 8-10 min. Season to taste with **salt** and **pepper**.

5



Finish and serve

- Divide **chili** between bowls.
- Dollop **sour cream** over top.
- Sprinkle **cheese** and **green onions** over top.

Measurements
within steps

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

2 | Cook beef

🔄 Swap | **Ground Beef**

If you've opted to get **beef**, reduce **oil** to **½ tbsp** (1 tbsp), then add **beef** to the pan. Cook **beef** in the same way the recipe instructs you to cook the **turkey**. Remove and discard excess fat, if desired.**

2 | Cook Beyond Meat®

🔄 Swap | **Beyond Meat®**

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

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