

HELLO Cal Smart Turkey Chili with Cheddar Cheese

Smart Meal

25 Minutes











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 🦫









Ground Turkey 250 g | 500 g

Black Beans 1 2



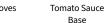
Mirepoix



113 g | 227 g



Garlic, cloves





Green Onion

1 2



Cheddar Cheese, shredded



1 2

1/4 cup | 1/2 cup



Mexican Seasoning 1 tbsp | 2 tbsp



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.



Prep

- Before starting, wash and dry all produce.
- Drain and rinse black beans.
- Thinly slice green onion.
- Peel, then mince or grate garlic.



Cook turkey

O Swap | Ground Beef

O 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.**



Start chili

- Add Tex-Mex paste, black beans, tomato sauce base, broth concentrate and 1 3/4 cups (2 ½ cups) water to the pot, then stir to combine.
- Bring to a boil.



2 | Cook Beyond Meat®

excess fat, if desired.*

Swap | Ground Beef

If you've opted to get **beef**, reduce **oil** to 1/2 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

Measurements

2 | Cook beef

within steps

oil

Ingredient

O 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.**

1 tbsp

2 person

4 person



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**.



Finish and serve

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