

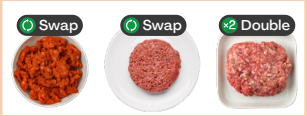


# One-Pot Southwest Beef and Cavatappi

## with Monterey Jack and Baby Spinach

Family Friendly

20-30 Minutes



Chorizo Sausage, uncased 250 g | 500 g  
 Beyond Meat® 2 | 4  
 Ground Beef 500 g | 1000 g

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](http://www.hellofresh.ca)



Ground Beef  
250 g | 500 g



Cavatappi  
170 g | 340 g



Sweet Bell Pepper  
1 | 2



Yellow Onion  
1 | 2



Baby Spinach  
28 g | 56 g



Crushed Tomatoes  
369 ml | 796 ml



Tex-Mex Paste  
1 tbsp | 2 tbsp



Monterey Jack Cheese, shredded  
1/2 cup | 1 cup



Beef 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 | Oil, salt, pepper

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

1



## Prep

- Before starting, wash and dry all produce.
- Core, then cut **pepper** into ½-inch pieces.
- Peel, then cut **onion** into ½-inch pieces.

2



## Cook peppers

- Heat a large pot over medium-high heat.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **peppers**.
- Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Season with **salt** and **pepper**.
- Transfer **peppers** to a plate. Set aside.

3



## Cook beef and onions

- [Swap](#) | [Chorizo Sausage](#)
- [Swap](#) | [Beyond Meat®](#)
- [x2 Double](#) | [Ground Beef](#)
- Reheat the same pot over medium-high.
- When hot, add **beef** and **onions** to the dry pot.
- Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.\*\*
- Carefully drain and discard excess fat, if desired.

4



## Cook cavatappi

- Add **Tex-Mex paste**, **crushed tomatoes**, **broth concentrate**, **2 cups** (3 ½ cups) **water** and ½ **tsp** (1 **tsp**) **salt** to the pot with **beef** and **onions**.
- Stir to combine, then bring to a boil over high.
- Once boiling, stir in **cavatappi** and reduce heat to medium.
- Simmer uncovered, stirring often to prevent sticking to the pot, until **cavatappi** is tender, 14-16 min. (**TIP:** If pasta sticks too much, add more water, ¼ cup at a time. Scrape up any pieces stuck to the bottom of the pot.)

5



## Finish cavatappi

- If desired, roughly chop **spinach**.
- Add **peppers**, **spinach** and **half the cheese** to the pot with **cavatappi**.
- Cook, stirring often, until **spinach** wilts, 1-2 min.
- Season with **pepper**, to taste.

6



## Finish and serve

- Divide **Southwest beef** and **cavatappi** between bowls.
- Sprinkle **remaining cheese** over top.

Measurements  
within steps

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

## 3 | Cook chorizo and onions

[Swap](#) | [Chorizo Sausage](#)

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

## 3 | Cook Beyond Meat® and onions

[Swap](#) | [Beyond Meat®](#)

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

## 3 | Cook beef and onions

[x2 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.