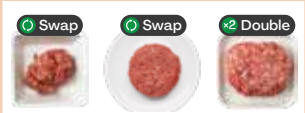




# Carb Smart Tex-Mex Beef Stew

## with Sour Cream and Tortilla Crumble

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



- Ground Beef 250 g | 500 g
- Tortilla Chips 42½ g | 85 g
- Corn Kernels 113 g | 227 g
- Sweet Bell Pepper 1 | 2
- Yellow Onion ½ | 1
- Feta Cheese, crumbled ¼ cup | ½ cup
- Sour Cream 1 | 2
- Tex-Mex Paste 1 tbsp | 2 tbsp
- Tomato Sauce Base 4 tbsp | 8 tbsp
- Chipotle Sauce 2 tbsp | 4 tbsp
- Beef Stock Powder 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.

1



### Prep

- Wash and dry all produce.

- Core, then cut **pepper** into ½-inch pieces.
- Peel, then cut **half the onion** (whole for 4 ppl) into ½-inch pieces.

4



### Finish stew and prep

×2 Double | Ground Beef

- Add **1 ½ cup** (2 ½ cups) **water**. Bring to a simmer over high. Reduce to medium. Cook, stirring occasionally until **veggies** are tender and **stew** has thickened slightly, 4-7 min. (Tip: if you prefer a brothier consistency, add water 1-2 tbsp at a time, if desired.)
- Meanwhile, open **one corner of the tortilla chips**. Using hands or a pot, crush **chips** until they are ½-inch peices.

2



### Cook veggies

- Heat a large pot over medium-high heat (use same for 4 ppl). When hot, add ½ **tbsp** (1 **tbsp**) **oil** then **peppers, onions** and **corn**. Season with **salt** and **pepper**. Cook stirring often until tender-crisp and golden, 4-6 min.
- Transfer **veggies** to a plate.

5



### Finish and serve

- Season **stew** to taste with **salt** and **pepper**.
- Divide **stew** between bowls.
- Top with **half the crushed tortilla chips** (use all for 4 ppl).
- Dollop **sour cream** over top.
- Sprinkle **feta** over top.

3



### Start stew

🔄 Swap | Ground Turkey

🔄 Swap | Beyond Meat®

×2 Double | Ground Beef

- Reheat the same pot over medium-high.
- When hot, ½ **tbsp** (1 **tbsp**) **oil** then **beef**. Season with **salt** and **pepper**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.\*\* Carefully drain and discard excess fat.
- Add **veggies, Tex-Mex paste, chipotle sauce, beef stock powder** and **tomato sauce base**. Stir to mix.

Measurements within steps

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

3 | Start stew

🔄 Swap | Ground Turkey

If you've opted to get **turkey**, add **1 tbsp** (2 **tbsp**) **oil** to the pan, then add **turkey**. Cook **turkey** in the same way the recipe instructs you to cook the **beef**.\*\*

3 | Start stew

🔄 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.\*\*

3 | Start stew

×2 Double | Ground Beef

If you've opted for **double beef**, add an extra ¼ **tsp** (½ **tsp**) **salt** to the **beef mixture**.

4 | Finish stew and prep

×2 Double | Ground Beef

Increase the **water** to **2 ½ cups** (3 ½ cups). Continue with the recipe as written.