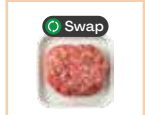




Speedy Chicken Chili

with Ciabatta Croutons

Family Friendly 25-35 Minutes



Ground Beef
250 g | 500 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 Chicken*
250 g | 500 g
- Enchilada Spice Blend
2 tbsp | 4 tbsp
- Carrot
1 | 2
- Crushed Tomatoes
369 ml | 796 ml
- Black Beans
1 | 2
- Sweet Bell Pepper
1 | 2
- Yellow Onion
1 | 1
- Sour Cream
1 | 2
- Ciabatta Roll
1 | 2
- Tomato Sauce Base
2 tbsp | 4 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

- Before starting, preheat the broiler to high.
- Wash and dry all produce.
- Drain, then rinse **beans**.
- Core, then cut **pepper** into ½-inch pieces.
- Peel, then quarter **carrot** lengthwise. Cut into ¼-inch quarter-moons.
- Peel, then cut **onion** into ½-inch pieces.

2



Cook veggies

- Heat a large pot over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **onions, carrots** and **peppers**.
- Cook, stirring occasionally, until tender-crisp, 4-5 min.
- Season with **salt** and **pepper**.

3



Cook chicken

Swap | Ground Beef

- Add another **1 tbsp** (2 tbsp) **oil**, then add **chicken** to the **veggies**.
- Cook, breaking up **chicken** into smaller pieces, until no pink remains, 4-5 min.**
- Add **Enchilada Spice Blend** and **tomato sauce base**. Cook, stirring often, until fragrant, 1 min.

3 | 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 **chicken**.** Remove and discard excess fat, if desired.

4



Cook chili

- Add **crushed tomatoes, beans** and ¾ **cup** (1 ½ cups) **water** to the pot. Stir to combine, then bring to a boil over high.
- Once boiling, reduce heat to medium.
- Cover and simmer, stirring occasionally, until **chili** thickens slightly, 7-8 min. (TIP: If you have time, keep it simmering on the stove for longer. Chili gets better the longer it cooks!)
- Season with **salt** and **pepper**.

5



Broil croutons

- Meanwhile, cut **ciabatta** into ½-inch pieces.
- Add **ciabatta** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Arrange **ciabatta** in a single layer.
- Broil in the **middle** of the oven until golden-brown and toasted, 3-4 min. (NOTE: Keep an eye on croutons so they don't burn.)

6



Finish and serve

- Divide **chili** between bowls. Top with **croutons**.
- Dollop **sour cream** over top.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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