














Beef and Veggie Chili











with Easy Cheddar Drop Biscuits

Family Friendly 30 - 40 Minutes

 Swap	 Swap	 Double
		
Ground Chicken 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	All-Purpose Flour 1 ½ cups 3 cups
	
Crushed Tomatoes with Garlic and Onion 1 2	Mexican Seasoning 2 tbsp 4 tbsp
	
Green Bell Pepper 1 2	Carrot 1 2
	
Green Onion 1 2	Cheddar Cheese, shredded ½ cup 1 cup
	
Sour Cream 1 2	Baking Powder 3 tsp 6 tsp

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 | Milk, unsalted butter, sugar, oil, salt, pepper

Cooking utensils | Baking sheet, grater, large bowl, large pot, measuring cups, measuring spoons, medium bowl, parchment paper, silicone brush, small bowl, whisk

1



Mix biscuits

- Before starting, arrange rack in top third of the oven, then preheat to 425°F.
- Wash and dry all produce.
- Add **flour, baking powder**, $\frac{1}{4}$ **tsp** ($\frac{1}{2}$ **tsp**) **salt**, **1 tbsp** (2 **tbsp**) **sugar** and **half the cheese** to a large bowl. Whisk to combine.
- Measure $\frac{1}{2}$ **cup** (1 **cup**) **milk**, then transfer **1 tbsp** (2 **tbsp**) to a small bowl.
- Add $\frac{1}{4}$ **cup** ($\frac{1}{2}$ **cup**) **butter** to a medium microwave-safe bowl or small pan. Microwave to melt, 30 sec.
- Add **sour cream** and **remaining milk** to bowl with **butter**. Whisk until smooth.
- Add **sour cream mixture** to **flour mixture**, then stir until just combined.

2



Bake biscuits

- Double-line a baking sheet with parchment paper.
- Scoop **batter** into **6 equal-sized biscuits** onto the prepared sheet.
- Brush **reserved 1 tbsp** (2 **tbsp**) **milk** over tops of **biscuits**.
- Bake in the **top** of the oven until puffed and golden, 14-17 min.
- Transfer **baked biscuits** to a rack to cool, at least 5 min.

3



Finish prep

- Meanwhile, grate **carrot**.
- Core, then cut **pepper** into $\frac{1}{2}$ -inch pieces.
- Thinly slice **green onion**.

4



Cook beef and carrots

🔄 Swap | **Ground Chicken**

🔄 Swap | **Beyond Meat®**

✖2 Double | **Ground Beef**

- Heat a large pot over medium-high heat.
- When hot, add $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil**, then **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min. **
- Carefully drain and discard excess fat.
- Add **peppers, carrots** and **Mexican Seasoning**. Cook, stirring often, until fragrant, 1 min.

5



Make chili

- Add **crushed tomatoes** and $\frac{1}{2}$ **cup** ($\frac{3}{4}$ **cup**) **water**. (**TIP**: Swirl water in the tomatoes can to get every last drop.) Bring to a simmer.
- Reduce heat to medium-low. Cook, stirring occasionally, until **chili** thickens slightly, 8-10 min. (**TIP**: If you have extra time, reduce heat to low and simmer chili for longer.)
- Season with **salt** and **pepper**, to taste.

6



Finish and serve

- Divide **chili** between bowls.
- Serve **biscuits** alongside. (**TIP**: Any leftover biscuits will keep well in a sealed container at room temperature for up to 3 days.)
- Sprinkle **green onions** and **remaining cheese** over top.

Measurements
within steps

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

4 | Cook chicken and carrots

🔄 Swap | **Ground Chicken**

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

4 | Cook Beyond Meat® and carrots

🔄 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.

4 | Cook beef and carrots

✖2 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.

♦ 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.