

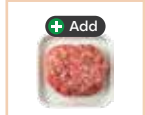


# Hearty Veggie Chili

## with Tortilla Chips

Veggie

25 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](https://www.hellofresh.ca)



- Kidney Beans  
1 | 2
- Tortilla Chips  
85 g | 170 g
- Green Bell Pepper  
1 | 2
- Mirepoix  
113 g | 227 g
- Green Onion  
2 | 4
- Cheddar Cheese, shredded  
½ cup | 1 cup
- Crushed Tomatoes with Garlic and Onion  
1 | 2
- Sour Cream  
2 | 4
- Vegetable Stock Powder  
1 tbsp | 2 tbsp
- Mexican Seasoning  
2 tbsp | 4 tbsp
- Chipotle Powder   
1 tsp | 1 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** | Sugar, pepper, salt, oil

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

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## Prep

- Before starting, wash and dry all produce.
- **Heat Guide in Step 3:**
  - Mild: ½ tsp (¼ tsp)
  - Medium: ¼ tsp (½ tsp)
  - Spicy: ½ tsp (1 tsp)

- Core, then cut **pepper** into ¼-inch pieces.
- Thinly slice **green onions**.

2



## Start cooking veggies

+ Add | **Ground Beef**

- Heat a large pot over medium-high heat.
- When the pot is hot, add **1 tbsp** (2 tbsp) **oil**, **mirepoix** and **peppers**.
- Cook, stirring often, until **veggies** start to soften, 4-6 min. Season with **salt** and **pepper**.
- Meanwhile, drain and rinse **beans**.

3



## Cook veggies and add spices

- Add **Mexican Seasoning** and **¼ tsp** (¼ tsp) **chipotle powder** to the pot with **veggies**. (NOTE: Reference heat guide.)
- Cook, stirring often, until fragrant, 1 min.

4



## Cook chili

- Add **crushed tomatoes**, **beans**, **stock powder**, **¼ tsp** (½ tsp) **sugar** and **¾ cup** (1 ½ cups) **water** to the pot. Bring to a boil over high heat.
- Once boiling, reduce heat to medium-low.
- Simmer, stirring occasionally, until **chili** thickens slightly, 12-15 min.
- Season with **salt** and **pepper**, to taste.

5



## Finish and serve

- Divide **chili** between bowls.
- Dollop **sour cream** over top, then sprinkle with **cheese** and **green onions**.
- Serve **tortilla chips** alongside for dipping.

Measurements  
within steps

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

## 2 | Cook beef and veggies

+ Add | **Ground Beef**

If you've opted to add **beef**, heat the pot over medium-high heat. Add **beef** along with **mirepoix** and **peppers**. Cook, breaking up **beef** and stirring often, until **veggies** have softened and **beef** is cooked through, 4-6 min.\*\* Follow the rest of the recipe as written.

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