



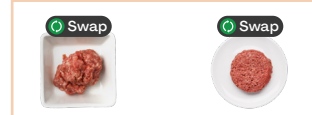
# One-Pot Southwest Beef and Cavatappi

with Monterey Jack and Baby Spinach

Family Friendly 20-30 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](http://www.hellofresh.ca)



Ground Turkey  
250 g | 500 g

Beyond Meat®  
2 | 4



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 with Garlic and Onion  
1 | 2



Tex-Mex Paste  
1 tbsp | 2 tbsp



Monterey Jack Cheese, shredded  
½ 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.

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](#) | [Ground Turkey](#)
- [Swap](#) | [Beyond Meat®](#)
- 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 turkey and onions

[Swap](#) | [Ground Turkey](#)

If you've opted to get **turkey**, add **1 tbsp** (2 **tbsp**) **oil** to the pot, then add **turkey** and **onions**. Cook **turkey** 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.

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