



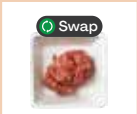
# Carb Smart Tex-Mex Beef Stew

with Sour Cream and Tortilla Crumble

Smart Meal

Veggie

25 Minutes



Ground Turkey  
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)



- Ground Beef  
250 g | 500 g
- Tortilla Chips  
42.5 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.

Pantry items | Oil, salt, pepper

Cooking utensils | Large pot, measuring cups, measuring spoons

1



## Prep

- Wash and dry all produce.
- Core, then cut **pepper** into ½-inch pieces.
- Peel, then cut **half the onion** (use whole onion for 4 ppl) into ½-inch pieces.

2



## Cook veggies

- Heat a large pot over medium-high heat.
- 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.

3



## Start stew

🔄 Swap | **Ground Turkey**

- Reheat the same pot over medium-high.
- When hot, add 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.

4



## Finish stew and prep

- Add **1 ½ cups** (2 ½ cups) **water** to the pot. 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.)
- Meanwhile, open one corner of **tortilla chips**. Using hands or a pot, crush **chips** until they are ½-inch pieces.

5



## Finish and serve

- Season **stew** with **salt** and **pepper**, to taste.
- 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.

Measurements  
within steps

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

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

## 3 | Start stew

🔄 Swap | **Ground Turkey**

If you've opted to get **turkey**, cook in the same way the recipe instructs you to cook the **beef**.**\*\***