



# Mexican-Style Black Bean Stew

with Lime Crema and Zesty Tortilla Chips

Veggie

25 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 Beef  
250 g | 500 g



Pork Chorizo  
250 g | 500 g



Black Beans  
1 | 2



Tortilla Chips  
85 g | 170 g



Sweet Bell Pepper  
1 | 2



Yellow Onion  
1 | 2



Lime  
1 | 2



Green Onion  
2 | 4



Feta Cheese, crumbled  
½ cup | 1 cup



Crushed Tomatoes with Garlic and Onion  
1 | 2



Chipotle Sauce  
4 tbsp | 8 tbsp



Sour Cream  
1 | 2



Enchilada Spice Blend  
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 | Pepper, salt, oil

Cooking utensils | Baking sheet, large pot, measuring spoons, parchment paper, small bowl, zester

1



## Prep

- Before starting, preheat the oven to 400°F.
- Wash and dry all produce.

- Peel, then cut **onion** into ¼-inch pieces.
- Core, then cut **pepper** into ¼-inch pieces.
- Thinly slice **green onions**.
- Zest, then juice **half the lime**. Cut **remaining lime** into **wedges**.

2



## Start stew

+ Add | **Ground Beef**

+ Add | **Pork Chorizo**

- Heat a large pot over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **onions, peppers** and **Enchilada Spice Blend**. Season with **salt** and **pepper**.
- Cook, stirring often, until **veggies** soften slightly, 2-3 min.

3



## Finish stew

- Stir in crushed **tomatoes, chipotle sauce** and **black beans** with their **canning liquid**. Season with **salt** and **pepper**. Bring to a simmer.
- Once simmering, reduce heat to medium. Cook uncovered, stirring occasionally, until **liquid** reduces slightly, 8-10 min.

4



## Make lime crema

- While stew simmers, add **half the lime zest, lime juice** and **sour cream** to a small bowl. Season with **salt** and **pepper**, then stir to combine.

5



## Bake chips

- Arrange **tortilla chips** in an even layer on a parchment-lined baking sheet, then drizzle with **½ tbsp** (1 tbsp) **oil**.
- Bake in the **middle** of the oven until lightly toasted and crispy, 2-3 min. (**TIP:** Keep an eye on chips so they don't burn.)
- While **chips** are still warm, season with **remaining lime zest** and **salt**, to taste.

6



## Finish and serve

- Divide **stew** between bowls. Dollop **lime crema** over top.
- Sprinkle with **feta** and **green onions**.
- Serve **tortilla chips** alongside.
- Squeeze a **lime wedge** over top, if desired.

Measurements  
within steps

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

2 | Start stew

+ Add | **Ground Beef**

If you've opted to add **beef**, when the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then add **beef, onions, peppers** and **Enchilada Spice Blend** to the pan. 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.

2 | Start stew

+ Add | **Pork Chorizo**

If you've opted to add **chorizo**, when the pan is hot, add **1 tbsp** (2 tbsp) **oil** along with **onions, peppers** and **Enchilada Spice Blend**. Season with **salt** and **pepper**. Cook, breaking up **chorizo** and stirring often until **veggies** have softened and **chorizo** 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, as size may vary.