



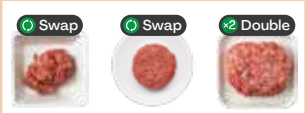
Carb Smart Jalapeño-Beef Chili

with Cheddar Cheese

Smart Meal

Spicy

25 Minutes




Ground Turkey 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](https://www.hellofresh.ca)



-  Ground Beef
250 g | 500 g
-  Chives
7 g | 14 g
-  Jalapeño
1 | 2
-  Sweet Bell Pepper
1 | 2
-  Crushed Tomatoes with Garlic and Onion
1 | 2
-  Mexican Seasoning
2 tbsp | 4 tbsp
-  Sour Cream
1 | 2
-  Cheddar Cheese, shredded
1/4 cup | 1/2 cup
-  Yellow Onion
1 | 2
-  Garlic Puree
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.

1



Prep

- Before starting, wash and dry all produce.

Heat Guide for Step 2:

- Mild: ½ tsp (1 tbsp)
- Medium: 1 tbsp (2 tbsp)
- Spicy: 2 tbsp (4 tbsp)

- Peel, then cut **onion** into ¼-inch pieces.
- Core, then cut **pepper** into ½-inch pieces.
- Roughly chop **chives**.
- Core, then finely chop **jalapeño**.
(**TIP:** We suggest using gloves when prepping jalapeños.)

2



Cook veggies

- Heat a large pot over medium-high.
- When the pot is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **peppers** and 1 **tbsp** (2 **tbsp**) **jalapeños**. (**NOTE:** Reference heat guide.)
- Cook, stirring occasionally, until **veggies** are tender-crisp, 5-6 min.
- Season with **salt** and **pepper**.
- Remove from heat. Transfer **veggies** to a plate.

3



Cook beef

🔄 Swap | **Ground Turkey**

🔄 Swap | **Beyond Meat®**

*2 Double | **Ground Beef**

- Reheat the same pot over medium.
- When the pot is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **beef** and **onions**.
- Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**
- Carefully drain and discard excess fat.
- Add **garlic puree** and **Mexican Seasoning**. Cook, stirring often, until fragrant, 1 min.
- Season with **salt** and **pepper**.

4



Cook chili

- Add **crushed tomatoes** and ½ **cup** (1 **cup**) **water** to the pot with **beef**. Stir to combine, then bring to a boil over high.
- Once boiling, reduce heat to medium.
- Simmer, stirring occasionally, until **chili** thickens slightly, 10-12 min. (**TIP:** If you have time, keep it simmering on the stove for longer — chili gets better the longer it cooks.)

5



Finish and serve

- When **chili** is done, add **veggies**. Season with **salt** and **pepper**.
- Cook, stirring often, until warmed through, 2-3 min.
- Divide **chili** between bowls.
- Dollop **sour cream** over top, then sprinkle over **chives** and **cheese**.

Measurements within steps

1 tbsp	(2 tbsp)	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 | Cook turkey

🔄 Swap | **Ground Turkey**

If you've opted to get **turkey**, add 1 **tbsp** (2 **tbsp**) **oil** to the pan, then add **turkey**. Cook **turkey** in the same way the recipe instructs you to cook the **beef**.**

3 | Cook Beyond Meat®

🔄 Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, cook for 5-6 min, in the same way as **beef**, breaking up **patties** into smaller pieces, until crispy.** Disregard instructions to drain excess fat.

3 | Cook beef

*2 Double | **Ground Beef**

If you've opted for **double beef**, cook in the same way the recipe instructs you to cook the **regular portion of beef**. Work in batches, if necessary.

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