

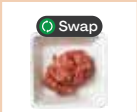


Hearty Beef and Black Bean Chili

with Mexican-Spiced Sweet Potatoes

Cozy Comforts

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



Sweet Potato
2 | 4



Beef Broth Concentrate
1 | 2



Sour Cream
1 | 2



Crushed Tomatoes with Garlic and Onion
1 | 2



Mexican Seasoning
2 tbsp | 4 tbsp



Black Beans
1 | 2



Cheddar Cheese, shredded
1/4 cup | 1/2 cup



Tex-Mex Paste
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 | Salt, pepper, oil

Cooking utensils | Baking sheet, large pot, measuring cups, measuring spoons, vegetable peeler

1



Roast sweet potatoes

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

- Peel, then cut **sweet potatoes** into ½-inch pieces.
- Add **sweet potatoes, half the Mexican Seasoning** and ½ **tbsp** (1 **tbsp**) **oil** to an unlined baking sheet.
- Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 18-20 min.

4



Finish and serve

- Stir **sweet potatoes** into **chili**.
- Divide **chili** between bowls. Top with **cheese**.
- Dollop **sour cream** over top.

2



Start chili

🔄 Swap | **Ground Turkey**

- Heat a large pot over medium-high heat.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **beef**.
- Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**
- Add **remaining Mexican Seasoning** and **Tex-Mex paste**.
- Cook, stirring often, until fragrant and well combined, 1-2 min.
- Season with **pepper**.

3



Finish chili

- Add **broth concentrate, beans** with their **liquid, crushed tomatoes** and ¼ **tsp** (½ **tsp**) **sugar**. (**TIP:** If you prefer more liquid in your chili, add water 1 **tbsp** at a time!)
- Reduce heat to medium-low. Simmer, stirring occasionally, until **chili** thickens slightly, 6-9 min.
- Season with **salt** and **pepper**, to taste.

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.

2 | Start chili

🔄 Swap | **Ground Turkey**

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

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