



Carb Smart Tex-Mex Beef Stew

with Sour Cream and Tortilla Crumble

Smart Meal

25 Minutes

Customized Protein





+ Add

Swap

or

x2 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)

 Swap	 Double
	
Ground Turkey 250 g 500 g	Ground Beef 500 g 1000 g



	
Ground Beef 250 g 500 g	Tortilla Chips 42 ½ 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.*

Ingredient quantities 56 g | 113 g
2 person | 4 person

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 servings) into ½-inch pieces.

2



Cook veggies

- Heat a large pot over medium-high (use same for 4 servings). When hot, add ½ **tbsp** (1 **tbsp**) **oil** then **peppers, onions** and **corn**. Season with **salt** and **pepper**. Cook for 4-6 min, stirring often, until tender-crisp and golden.
- Transfer **veggies** to a plate.

3



Start stew

🔄 Swap | **Ground Turkey**

×2 Double | **Ground Beef**

- Reheat the same pot over medium-high.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil** then **beef**. Season with **salt** and **pepper**. Cook for 4-5 min, breaking up **beef** into smaller pieces, until no pink remains.** 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**. Bring to a simmer over high. Reduce to medium. Cook for 4-7 min, stirring occasionally, until **veggies** are tender and **stew** has thickened slightly. (**TIP:** If you prefer a brothier consistency, add water 1-2 **tbsp** at a time.)
- Meanwhile, open one corner of the **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 servings).
- Dollop **sour cream** over top.
- Sprinkle **feta** over top.

Measurements within steps **1 tbsp** (2 **tbsp**) **oil**
2-serving 4-serving 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**, prep and cook in the same way the recipe instructs you to prep and cook the **beef**.** Disregard instructions to drain excess fat. Follow the rest of the recipe as written.

3 | Start stew

×2 Double | **Ground Beef**

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

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