

HELLO Carb Smart Tex-Mex Beef Stew with Sour Croom and Tortilla Crumble

with Sour Cream and Tortilla Crumble

Smart Meal

25 Minutes











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 🎥





500 g | 1000 g



Ground Beef





250 g | 500 g





Corn Kernels



113 g | 227 g





Yellow Onion





1/2 | 1





Sour Cream



Tex-Mex Paste 1 tbsp | 2 tbsp



Tomato Sauce Base



2 tbsp | 4 tbsp

4 tbsp | 8 tbsp

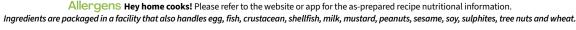




Beef Stock Powder 1 tbsp | 2 tbsp







Cooking utensils | Large pot, measuring cups, measuring spoons



- 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.



Cook veggies

- Heat a large pot over medium-high (use same for 4 servings). When hot, add 1/2 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.



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.







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.



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 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

🚧 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.