



Speedy Chicken Chili

with Ciabatta Croutons

Family Friendly

25-35 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](https://www.hellofresh.ca)

 Ground Beef 250 g 500 g	 Beyond Meat® 2 4
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 Ground Chicken* 250 g 500 g	 Enchilada Spice Blend 2 tbsp 4 tbsp
 Carrot 1 2	 Crushed Tomatoes with Garlic and Onion 1 2
 Black Beans 1 2	 Sweet Bell Pepper 1 2
 Yellow Onion 1 1	 Sour Cream 1 2
 Ciabatta Roll 1 2	 Tomato Sauce Base 2 tbsp 4 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-serving | 4-serving

Pantry items | Salt, oil, pepper

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

1



Prep

- Before starting, preheat the broiler to high.
- Wash and dry all produce.
- Drain, then rinse **beans**.
- Core, then cut **pepper** into ½-inch pieces.
- Peel, then half **carrot** lengthwise. Cut into ¼-inch half-moons.
- Peel, then cut **onion** into ½-inch pieces.

2



Cook veggies

- Heat a large pot over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **onions, carrots** and **peppers**.
- Cook for 4-5 min, stirring occasionally, until tender-crisp.
- Season with **salt** and **pepper**.

3



Cook chicken

- [Swap](#) | [Ground Beef](#)
- [Swap](#) | [Beyond Meat*](#)
- To the **veggies**, add another **1 tbsp** (2 tbsp) **oil**, then add **chicken**.
- Cook for 4-5 min, breaking up **chicken** into smaller pieces, until no pink remains.**
- Add **Enchilada Spice Blend** and **tomato sauce base**. Cook for 1 min, stirring often, until fragrant.

4



Cook chili

- To the pot, add **crushed tomatoes, beans** and **¾ cup** (1 ½ cups) **water**. Stir to combine, then bring to a boil over high.
- Once boiling, reduce heat to medium.
- Cover and simmer for 7-8 min, stirring occasionally, until **chili** thickens slightly. (**TIP:** If you have time, keep it simmering on the stove for longer. Chili gets better the longer it cooks!)
- Season with **salt** and **pepper**.

5



Broil croutons

- Meanwhile, cut **ciabatta** into ½-inch pieces.
- To an unlined baking sheet, add **ciabatta** and **1 tbsp** (2 tbsp) **oil**. Season with **salt** and **pepper**, then toss to coat.
- Arrange **ciabatta** in a single layer.
- Broil in the **middle** of the oven for 3-4 min, until golden and toasted. (**NOTE:** Keep an eye on them so they don't burn.)

6



Finish and serve

- Divide **chili** between bowls. Top with **croutons**.
- Dollop **sour cream** over top.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2-serving 4-serving Ingredient

For 6 servings

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 beef

[Swap](#) | [Ground Beef](#)

If you've opted to get **beef**, cook in the same way the recipe instructs you to cook the **chicken**.** Remove and discard excess fat, if you like.

3 | Cook Beyond Meat®

[Swap](#) | [Beyond Meat®](#)

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

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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