

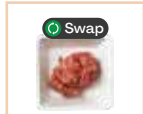


Carb Smart Tex-Mex Beef Stew

with Sour Cream and Tortilla Crumble

Smart Meal

25 Minutes



Ground Turkey
250 g | 500 g

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)



Ground Beef
250 g | 500 g



Tortilla Chips
42.5 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
7.5 g | 15 g

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 | 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. When hot, add ½ **tbsp** (1 **tblsp**) **oil** then **peppers**, **onions** and **corn**. Season with **salt** and **pepper**. Cook 4-6 min, stirring often, until tender-crisp and golden.
- Transfer **veggies** to a plate.

3



Start stew

🔄 Swap | **Ground Turkey**

- Reheat the same pot over medium-high.
- When hot, ½ **tbsp** (1 **tblsp**) **oil** then **beef**. Season with **salt** and **pepper**. Cook 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 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 **tblsp** 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**.
- 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 **tblsp**) **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 | Start stew

🔄 Swap | **Ground Turkey**

If you've opted to get **turkey**, cook in the same way the recipe instructs you to cook the **beef**.** Disregard instructions to discard excess fat.

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