



Beef and Bean Chili

with Sour Cream and Spiced Tortilla Chips

30 Minutes



Ground Beef



Onion, chopped



Sweet Bell Pepper



Green Onions



Kidney Beans



Mexican Seasoning



Sour Cream



Crushed Tomato with
Garlic and Onion



Beef Broth
Concentrate



Cheddar Cheese,
shredded



Tortilla Chips

HELLO BEANS

Use the liquid from the beans to add flavour and body to the chili!

Start here

- Before starting, preheat broiler to high.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Onion, chopped	56 g	113 g
Sweet Bell Pepper	160 g	320 g
Green Onions	2	4
Kidney Beans	370 ml	740 ml
Mexican Seasoning	2 tbsp	4 tbsp
Sour Cream	6 tbsp	12 tbsp
Crushed Tomato with Garlic and Onion	370 ml	740 ml
Beef Broth Concentrate	1	2
Cheddar Cheese, shredded	¼ cup	½ cup
Tortilla Chips	85 g	170 g
Oil*		
Salt and Pepper*		

* Pantry items

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

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Prep

Core, then cut **pepper** into ½-inch pieces. Thinly slice **green onions**.



Cook beef and veggies

Heat a large pot over medium-high heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **onions** and **peppers**. Cook, stirring occasionally, until **veggies** begin to soften, 2-3 min. Add **beef** and cook, breaking it up into smaller pieces, until no pink remains, 4-5 min. ** Carefully drain and discard fat. Add **1 ½ tbsp Mexican Seasoning** (dbl for 4 ppl). Cook, stirring often, until fragrant, 1 min.



Cook chili

Add **crushed tomatoes**, ½ **cup water** (dbl for 4 ppl), **broth concentrate** and **kidney beans**, including **liquid**. Stir together, then bring to a boil over high heat. Reduce heat to medium and simmer, stirring occasionally, until **chili** thickens slightly, 12-15 min. (**TIP**: If you have time, keep it simmering on the stove for longer! It gets better the longer it cooks!)



Toast tortilla chips

Add **tortilla chips** to a baking sheet in a single layer. Sprinkle with **remaining Mexican Seasoning**. Toast, in the **middle** of the oven, until **chips** are warmed through, 2-3 min. (**NOTE**: Keep an eye on chips so that they don't burn!)



Finish and serve

Divide **chili** between bowls. Dollop with **sour cream**, then sprinkle with **green onions** and **cheese**. Serve **spiced chips** on the side, for dipping.

Dinner Solved!