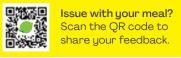


# Beef and Bean Chili

with Sour Cream and Cheddar











Green Bell Pepper





Tex-Mex Paste



Kidney Beans

Sour Cream



**Crushed Tomatoes** 





Green Onion



Garlic Salt

Cheddar Cheese,

shredded

## Start here

Before starting, wash and dry all produce.

Measurements 1 tbsp (2 tbsp) oil within steps 2 person 4 person Ingredient

#### **Bust out**

Measuring spoons, measuring cups, large pot

# Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Ground Turkey	250 g	500 g
Green Bell Pepper	200 g	400 g
Kidney Beans	370 ml	740 ml
Tex-Mex Paste	1 tbsp	2 tbsp
Sour Cream	3 tbsp	6 tbsp
Crushed Tomatoes	1	2
Cheddar Cheese, shredded	¼ cup	½ cup
Green Onion	1	2
Garlic Salt	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

- \* Pantry items
- \*\* Cook to a minimum internal temperature of 74°C/165°F.

# **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.



#### Prep

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



## Cook peppers

- Heat a large pot over medium-high heat.
- When hot, add ½ tbsp (1 tbsp) oil, then peppers. Season with salt and pepper. Cook, stirring occasionally, until peppers begin to soften, 2-3 min.



### Cook beef

- Add beef to the pot with peppers. Cook, breaking up beef into smaller pieces, until no pink remains, 4-5 min.\*\*
- Carefully drain and discard excess fat.
- Add Tex-Mex paste. Stir to combine.

If you've opted to get **turkey**, prepare and cook it in the same way the recipe instructs you to cook the **beef**.\*\*



#### Cook chili

- Add crushed tomatoes, ½ cup (1 cup)
  water and beans, including liquid, and garlic salt. Stir to combine, then bring to a boil over high.
- Once boiling, reduce heat to medium. 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!)
- Season with **salt** and **pepper**, to taste.



## Finish and serve

- Divide chili between bowls.
- Dollop **sour cream** over top, then sprinkle with **green onions** and **cheese**.

**Dinner Solved!**