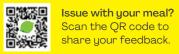


Beef and Bean Chili

with Sour Cream and Cheddar

30 Minutes









Ground Beef

Green Bell Pepper





Kidney Beans

Tex-Mex Paste







Sour Cream

Crushed Tomatoes





Cheddar Cheese, shredded



Garlic Salt

Green Onion

HELLO BEANS

Start here

Before starting, wash and dry all produce.

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

Bust out

Measuring spoons, measuring cups, large pot

Ingredients

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|-----------------------------|----------|----------|
| | 2 Person | 4 Person |
| Ground Beef | 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 | 1⁄4 cup | ½ cup |
| Green Onion | 1 | 2 |
| Garlic Salt | 1 tsp | 2 tsp |
| Oil* | | |
| Calk and Damasut | | |

Salt and Pepper

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 onions.



Cook peppers

- Heat a large pot over medium-high heat.
- When hot, add 1/2 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.



Cook chili

- Add crushed tomatoes, 1/2 cup (1 cup) water, beans with canning 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!

^{*} Pantry items

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