

Beef and Bean Chili

with Sour Cream and Cheddar

Family Friendly

25 - 35 Minutes









Green Bell Pepper





Tex-Mex Paste



Sour Cream

Kidney Beans



Crushed Tomatoes with Garlic and Onion



Green Onion

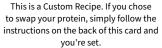




shredded



Garlic Salt



CUSTOM RECIPE

Happy cooking!



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

| 3 | | |
|---|----------|----------|
| | 2 Person | 4 Person |
| Ground Beef | 250 g | 500 g |
| Ground Turkey | 250 g | 500 g |
| Green Bell Pepper | 1 | 2 |
| Kidney Beans | 370 ml | 740 ml |
| Tex-Mex Paste | 1 tbsp | 2 tbsp |
| Sour Cream | 3 tbsp | 6 tbsp |
| Crushed Tomatoes with Garlic and Onion | 1 | 2 |
| Cheddar Cheese, shredded | ⅓ 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 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.

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



Cook chili

- Add crushed tomatoes, ½ 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!

