



# Beef and Bean Chili

with Sour Cream and Cheddar

Family Friendly 25 - 35 Minutes



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Ground Beef



Ground Turkey



Green Bell Pepper



Kidney Beans



Tex-Mex Paste



Sour Cream



Crushed Tomatoes  
with Garlic and  
Onion



Cheddar Cheese,  
shredded



Green Onion



Garlic Salt

### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!

HELLO BEANS

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

## Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** 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	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	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, peanut, 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**, 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!



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