

HELLO Beef and Bean Chili with Sour Croom and Chaddan

with Sour Cream and Cheddar

Family Friendly 25-35 Minutes



Chorizo Sausage,

uncased

250 g | 500 g



(Swap

2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🦫



Ground Beef



250 g | 500 g





Kidney Beans 370 ml | 740 ml







Sour Cream



3 tbsp | 6 tbsp





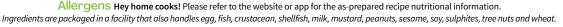
Cheddar Cheese, shredded 1/2 cup | 1 cup



Green Onion 1 | 2



Garlic Salt 1tsp | 2tsp





Prep

- · Before starting, wash and dry all produce.
- Core, then cut **pepper** into ½-inch pieces.
- Thinly slice green onion.



Cook peppers

- Heat a large pot over medium-high heat.
- When the pot is 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

O Swap | Chorizo Sausage

Swap | Beyond Meat®

- 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.



3 | Cook Beyond Meat®

O Swap | Chorizo Sausage

If you've opted to get chorizo, cook it in the same way the recipe instructs you to cook

Measurements

3 | Cook chorizo

within steps

the beef.**

O Swap | Beyond Meat®

If you've opted to get **Beyond Meat**®, prepare, cook and plate it the same way as the **beef**, until cooked through, 5-6 min.**

1 tbsp

(2 tbsp)

oil



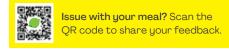
Cook chili

- 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! Chili 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.



** Cook beef, chorizo and Beyond Meat® to a minimum internal temperature of 74°C/165°F.