



# Beef and Bean Chili

## with Sour Cream and Cheddar

Family Friendly 25-35 Minutes

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or

\*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](http://www.hellofresh.ca)

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Chorizo Sausage, uncased  
250 g | 500 g

↻ Swap



Beyond Meat®  
2 | 4



Ground Beef  
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



**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.

1



### Prep

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

2



### 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.

3



### Cook beef

- [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.

4



### 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.

5



### Finish and serve

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

### 3 | Cook chorizo

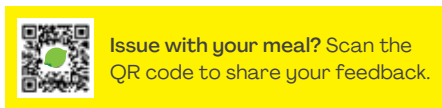
[Swap | Chorizo Sausage](#)

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

### 3 | Cook Beyond Meat®

[Swap | Beyond Meat®](#)

If you've opted to get **Beyond Meat®**, prepare it the same way as the recipe instructs you to prepare the **beef**, then increase the cooking time to 5-6 min, until crispy\*\*.



Issue with your meal? Scan the QR code to share your feedback.

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