




Beef and Bean Chili

with Sour Cream and Cheddar










Family Friendly 25-35 Minutes

Customized Protein **+** Add **↻** Swap 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)

↻ Swap  Chorizo Sausage, uncased 250 g 500 g	↻ Swap  Beyond Meat® 2 4
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 Ground Beef 250 g 500 g	 Sweet 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 ½ cup 1 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.

Pantry items | Oil, salt, pepper

Cooking utensils | Measuring spoons, measuring cups, large pot

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 the pot is 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**.

Measurements
within steps

1 **tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

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, cook and plate it the same way as the **beef**, until cooked through, 5-6 min.**

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



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