



Cal Smart Turkey Chili

with Cheddar Cheese

Smart Meal

25 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](https://www.hellofresh.ca)



Ground Beef
250 g | 500 g



Beyond Meat®
2 | 4



Ground Turkey
250 g | 500 g



Black Beans
1 | 2



Mirepoix
113 g | 227 g



Garlic, cloves
2 | 4



Green Onion
1 | 2



Cheddar Cheese,
shredded
¼ cup | ½ cup



Crushed
Tomatoes
1 | 2



Mexican
Seasoning
2 tbsp | 4 tbsps

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, strainer, measuring cups, large pot

1



Prep

- Before starting, wash and dry all produce.

- Drain and rinse **black beans**.
- Thinly slice **green onion**.
- Peel, then mince or grate **garlic**.

2



Cook turkey

Swap | **Ground Beef**

Swap | **Beyond Meat®**

- Heat a large pot over medium-high heat.
- When the pot is hot, add **1 tsp** (2 tsp) **oil**, then **turkey, garlic** and **mirepoix**. Season with **Mexican Seasoning, salt** and **pepper**.
- Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min.**

3



Start chili

- Add **black beans, crushed tomatoes** and **½ cup** (1 cup) **water** to the pot, then stir to combine.
- Bring to a boil.

4



Simmer chili

- Once boiling, reduce heat to medium-low.
- Cook uncovered, stirring occasionally, until **chili** thickens slightly, 8-10 min. Season with **salt** and **pepper**, to taste.

5



Finish and serve

- Divide **chili** between bowls.
- Sprinkle **cheese** and **green onions** over top.

Measurements
within steps

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

2 | Cook beef

Swap | **Ground Beef**

If you've opted to get **beef**, cook it in the same way the recipe instructs you to cook the **turkey**, then carefully drain and discard excess fat.**

2 | Cook Beyond Meat®

Swap | **Beyond Meat®**

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



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

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