



# 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)

<b>↻</b> Swap	<b>↻</b> Swap
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 tbsp

**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.

<b>Ingredient quantities</b>	<b>56 g</b>	<b>113 g</b>
	2 person	4 person

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.