



Cal Smart Turkey Chili

with Sour Cream

Calorie Smart

Quick

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

*2 Double



Ground Turkey
500 g | 1000 g



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
1/4 cup | 1/2 cup



Crushed Tomatoes
1 | 2



Sour Cream
3 tbsp | 6 tbsp



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.

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

×2 Double | Ground Turkey

- Heat a large pot over medium-high heat.
- When 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.
- Dollop with **sour cream**, then sprinkle **cheese** and **green onions** over top.

Measurements
within steps

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

2 | Cook turkey

×2 Double | Ground Turkey

If you've opted for **double turkey**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **regular portion of turkey**. Work in batches, if necessary.

** Cook to a minimum internal temperature of 74°C/165°F.



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