

# HELLO Cal Smart Turkey Chili with Sour Cream

Calorie Smart

Quick

25 Minutes



**Ground Turkey** 500 g | 1000 g









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 降







250 g | 500 g







Mirepoix 113 g | 227 g

2 4



Green Onion



1 | 2

shredded 1/4 cup | 1/2 cup



**Crushed Tomatoes** 1 | 2



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. Cooking utensils | Measuring spoons, strainer, measuring cups, large pot



## Prep

- Before starting, wash and dry all produce.
- Drain and rinse black beans.
- Thinly slice green onion.
- Peel, then mince or grate garlic.



## Cook turkey

#### 2 Double | Ground Turkey

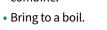
- Heat a large pot over medium-high heat.
- When hot, add 1 tsp (2 tsp) oil, then turkey, garlic and mirepoix. Season with Mexican Seasoning, salt and pepper.
- Cook, breaking up turkey into smaller pieces, until no pink remains, 4-5 min.\*\*



 Add black beans, crushed tomatoes and 1/2 cup (1 cup) water to the pot, then stir to combine.



## Start chili





#### 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.



#### 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 | 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.

