

Carb Smart Chipotle Beef Chili

with Poblanos and Cheddar Cheese

Carb Smart

Spicy

30 Minutes



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







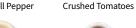


Cilantro





Sweet Bell Pepper









Mexican Seasoning

Chipotle Powder



Cheddar Cheese, Sour Cream



Yellow Onion



Garlic Puree



Start here

Before starting, wash and dry all produce.

Measurements 1 tbsp (2 tbsp) within steps

4 person Ingredient

oil

Heat Guide for Step 3:

- Mild: 1/8 tsp (1/4 tsp)
- Medium: ¼ tsp (½ tsp) • Spicy: 1/2 tsp (1 tsp) • Extra-spicy: 1 tsp (2 tsp)

Bust out

Measuring spoons, measuring cups, large pot

Ingredients

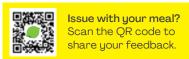
9		
	2 Person	4 Person
Ground Beef	250 g	500 g
Double Ground Beef	500 g	1000 g
Cilantro	7 g	7 g
Poblano 🤳	160 g	320 g
Sweet Bell Pepper	160 g	320 g
Crushed Tomatoes	1	2
Mexican Seasoning	2 tbsp	4 tbsp
Chipotle Powder 🥒	1/4 tsp	½ tsp
Sour Cream	3 tbsp	6 tbsp
Cheddar Cheese, shredded	⅓ cup	½ cup
Yellow Onion	56 g	113 g
Garlic Puree	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

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

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.





Prep

- Peel, then cut half the onion into 1/4-inch pieces (whole onion for 4 ppl).
- Core, then cut **pepper** and **poblano** into ½-inch pieces. (TIP: We suggest using gloves when prepping poblanos!)
- · Roughly chop cilantro.



Cook veggies

- Heat a large pot over medium-high heat.
- When hot, add ½ tbsp (1 tbsp) oil, then **peppers** and **poblanos**. Cook, stirring occasionally, until tender-crisp, 5-6 min.
- Season with salt and pepper, to taste.
- Remove from heat. Transfer veggies to a plate.



Cook beef

- Reheat the same pot over medium.
- When hot, add 1/2 tbsp (1 tbsp) oil, then beef and onions. Cook, breaking up beef into smaller pieces, until no pink remains, 4-5 min.**
- Carefully drain and discard excess fat.
- Add garlic puree, Mexican Seasoning and **¼ tsp** (½ tsp) chipotle powder. (NOTE: Reference heat guide.)
- Cook, stirring often, until fragrant, 1 min.
- Season with salt and pepper.

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



Cook chili

- Add crushed tomatoes and ½ cup (1 cup) water to the pot with beef. Stir to combine, then bring to a boil over high.
- Once boiling, reduce heat to medium. Simmer, stirring occasionally, until chili thickens slightly, 10-12 min. (TIP: If you have time, keep it simmering on the stove for longer. It gets better the longer it cooks!)



Finish and serve

- When chili is done, add veggies. Season with **salt** and **pepper**. Cook, stirring often, until warmed through, 2-3 min.
- Divide chipotle beef chili between bowls.
- Dollop sour cream over top, then sprinkle with cilantro and cheese.

Dinner Solved!