



Carb Smart Chipotle Beef Chili

with Poblanos and Cheddar Cheese

Carb Smart

Spicy

30 Minutes



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CUSTOM RECIPE
This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Ground Beef



Double Ground Beef



Cilantro



Poblano



Sweet Bell Pepper



Crushed Tomatoes



Mexican Seasoning



Chipotle Powder



Sour Cream



Cheddar Cheese, shredded



Yellow Onion



Garlic Puree

HELLO MEXICAN SEASONING

A combination of smoky, sweet and spicy for the perfect Tex-Mex flavour!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Heat Guide for Step 3:

- Mild: **¼ tsp** (¼ tsp)
- Medium: **½ tsp** (½ tsp)
- Spicy: **½ tsp** (1 tsp)
- Extra-spicy: **1 tsp** (2 tsp)

Bust out

Measuring spoons, measuring cups, large pot

Ingredients

	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 🌶️	¼ tsp	½ tsp
Sour Cream	3 tbsp	6 tbsp
Cheddar Cheese, shredded	¼ cup	½ cup
Yellow Onion	56 g	113 g
Garlic Puree	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** 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.



1 Prep

- Peel, then cut **half the onion** into ¼-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**.



2 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.



3 Cook beef

- Reheat the same pot over medium.
- When hot, add **½ 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.



4 Cook chili

- Add **crushed tomatoes** and **¼ 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!)



5 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!



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