



Carb Smart Jalapeño Beef Chili

with Sweet Bell Pepper and Cheddar Cheese

Carb Smart Optional Spice 30 Minutes



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CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!



Ground Beef



Beyond Meat®



Cilantro



Jalapeño



Sweet Bell Pepper



Crushed Tomatoes with Garlic and Onion



Mexican Seasoning



Sour Cream



Cheddar Cheese, shredded



Yellow Onion



Garlic Puree

HELLO JALAPEÑO

This medium-sized chili pepper can vary in spiciness!

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 2:

- Mild: ½ tbsp (1 tbsp)
- Medium: 1 tbsp (2 tbsp)
- Spicy: 2 tbsp (4 tbsp)

Bust out

Measuring spoons, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Beyond Meat*	2	4
Cilantro	7 g	7 g
Jalapeño 🌶️	1	2
Sweet Bell Pepper	1	2
Crushed Tomatoes with Garlic and Onion	1	2
Mexican Seasoning	2 tbsp	4 tbsp
Sour Cream	3 tbsp	6 tbsp
Cheddar Cheese, shredded	¼ cup	½ cup
Yellow Onion	1	2
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 **onion** into ¼-inch pieces.
- Core, then cut **pepper** into ½-inch pieces.
- Roughly chop **cilantro**.
- Core, then finely chop **jalapeño**. (TIP: We suggest using gloves when prepping jalapeños!)



2 Cook veggies

- Heat a large pot over medium-high heat.
- When hot, add ½ **tbsp** (1 tbsp) **oil**, then **bell peppers** and **1 tbsp** (2 tbsp) **jalapeños**. (NOTE: Reference heat guide.)
- 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** and **Mexican Seasoning**. Cook, stirring often, until fragrant, 1 min.
- Season with **salt** and **pepper**.

If you've opted to get **Beyond Meat®**, prepare and cook the **patties** in the same way as the **beef**, until crispy.



4 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. Chili gets better the longer it cooks!)



5 Finish and serve

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

Dinner Solved!



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