



Carb Smart Jalapeño-Beef Chili

with Cheddar Cheese

Smart Meal

Spicy

25 Minutes

↗ Custom Recipe

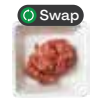
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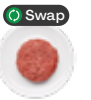
or

*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)



Ground Turkey
250 g | 500 g



Beyond Meat®
2 | 4



Ground Beef
250 g | 500 g



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



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

- Before starting, wash and dry all produce.

• Heat Guide for Step 2:

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

- 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 jalapeño!)

2



Cook veggies

- Heat a large pot over medium-high heat.
- When the pot is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **peppers** and **1 tbsp** (2 **tbsp**) **jalapeños**. (**NOTE:** Reference heat guide.)
- Cook, stirring occasionally, until **veggies** are tender-crisp, 5-6 min.
- Season with **salt** and **pepper**, to taste.
- Remove from heat. Transfer **veggies** to a plate.

3



Cook beef

Swap | **Ground Turkey**

Swap | **Beyond Meat®**

- Reheat the same pot over medium.
- When the pot is 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**.

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**.

Measurements
within steps

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

3 | Cook turkey

Swap | **Ground Turkey**

If you've opted to get **turkey**, prepare, cook and it in the same way as the **beef**.** There's no need to drain and discard fat.

3 | Cook Beyond Meat®

Swap | **Beyond Meat®**

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

