

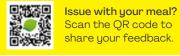
Carb Smart Jalapeño Beef Chili

with Sweet Bell Pepper and Cheddar Cheese

Carb Smart

Optional Spice

30 Minutes













Jalapeño

Cilantro





Crushed Tomatoes

Sweet Bell Pepper







Sour Cream

Mexican Seasoning



Cheddar Cheese, shredded



Yellow Onion



Garlic Puree



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!

Start here

Before starting, wash and dry all produce.

Measurements 1 tbsp (2 tbsp) within steps

2 person 4 person

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

Inaredients

	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	⅓ 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 eag. fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



Prep

- Peel, then cut **onion** into 1/4-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 ialapeños!)



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 tendercrisp, 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 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.



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!)



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!

