

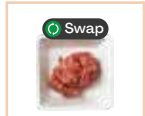


Carb Smart Pepper Pesto Beef Stew

with Carrots and Green Peppers

Smart Meal

25 Minutes



Ground Turkey
250 g | 500 g

↗ Custom Recipe

+ Add

↻ Swap

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 Beef
250 g | 500 g



Roasted Pepper
Pesto
¼ cup | ½ cup



Crushed Tomatoes
with Garlic and
Onion
1 | 2



Green Bell Pepper
1 | 2



Carrot
1 | 2



Yellow Potato
150 g | 300 g



Baby Spinach
28 g | 56 g



Beef Broth
Concentrate
1 | 2



Smoked Paprika-
Garlic Blend
1 tbsp | 2 tbsp



Sour Cream
3 tbsp | 6 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.

Pantry items | Oil, salt, pepper

Cooking utensils | Vegetable peeler, measuring spoons, measuring cups, large pot

1



Prep

• Before starting, wash and dry all produce.

- Cut **potatoes** into ¼-inch pieces.
- Peel, then cut **carrot** into ¼-inch pieces.
- Core, then cut **pepper** into ½-inch pieces.
- Roughly chop **spinach**, if desired.

2



Cook veggies

- Heat a large pot over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **potatoes** and **carrots**. Season with **salt** and **pepper**.
- Cook, stirring often, until **potatoes** and **carrots** soften slightly, 4-5 min.

3



Cook beef

🔄 Swap | Ground Turkey

- Reduce heat to medium, then add **beef** to the pot with **veggies**.
- Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**

4



Start stew

- Add **peppers** and **Smoked Paprika-Garlic Blend** to the pot with **beef**. Cook, stirring often, until **beef** is coated, 1 min.
- Add **crushed tomatoes**, **broth concentrate**, **Roasted Pepper Pesto** and **¾ cup** (1 ¼ cups) **water**. Bring to a simmer.
- Once simmering, reduce heat to medium-low. Cook, stirring occasionally, until **veggies** are tender and **broth** thickens slightly, 4-6 min.

5



Finish stew

- Stir in **spinach** until wilted, 1 min.
- Remove from heat. Season with **salt** and **pepper**, to taste. (**TIP**: If you prefer a more brothy stew, add more water, ¼ cup at a time.)

6



Finish and serve

- Divide **stew** between bowls.
- Dollop **sour cream** over top.

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**, cook it in the same way the recipe instructs you to cook the **beef**.**

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



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