



Chipotle Turkey Chili Con Carne

with Buttered Pasta and Cheddar Cheese

Quick

25 Minutes



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Ground Turkey



Southwest Spice Blend



Chipotle Sauce



Green Bell Pepper



Yellow Onion



Kidney Beans



Crushed Tomatoes



Cheddar Cheese, shredded



Penne

HELLO GROUND TURKEY

Using this delicious protein is a great way to lower saturated fats in a dinner!

Start here

- Before starting, add 10 cups water and 2 tsp salt to a large pot (use same for 4 ppl).
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

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

Bust out

Colander, measuring spoons, measuring cups, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Southwest Spice Blend	1 tbsp	2 tbsp
Chipotle Sauce	4 tbsp	8 tbsp
Green Bell Pepper	200 g	400 g
Yellow Onion	113 g	226 g
Kidney Beans	370 ml	740 ml
Crushed Tomatoes	1	2
Cheddar Cheese, shredded	¼ cup	½ cup
Penne	170 g	340 g
Unsalted Butter*	2 tbsp	3 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



Cook penne

- Add **penne** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve **½ cup** (¾ cup) **pasta water**, then drain and return **penne** to the same pot, off heat.

4



Cook chili

- Add **kidney beans** with their **liquid** and **crushed tomatoes**. Season with **salt** and **pepper**. Bring to a gentle boil.
- Once boiling, cook, stirring occasionally, until **peppers** are tender, 6-8 min. (**TIP:** If chili reduces too much, add 1 tbsp of reserved pasta water at a time, until desired consistency.)

2



Prep

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Peel, then cut **onion** into ½-inch pieces.
- Heat a large non-stick pan over high heat.

5



Finish and serve

- Meanwhile, add **2 tbsp** (3 tbsp) **butter** and **2 tbsp** (3 tbsp) **reserved pasta water** to the pot with **penne**. Warm on the stove, with the heat off, stirring constantly, until **butter** melts and **penne** is coated. Season with **salt** and **pepper**, to taste.
- When **chili** is done, stir in **chipotle sauce**. Season with **salt** and **pepper**, to taste.
- Divide **buttered penne** between bowls.
- Top **penne** with **turkey chili**, then sprinkle **cheese** over top.

3



Cook turkey and veggies

- When the pan is hot, add **1 tbsp** (1 ½ tbsp) **oil**, then **onions** and **turkey**. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min. ** Season with **salt** and **pepper**.
- Add **peppers** and **Southwest Spice Blend**. Cook, stirring often, until **peppers** soften slightly, 1 min.
- Reduce heat to medium-high.



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Dinner Solved!