



# Hearty Beef and Black Bean Chili

with Mexican-Spiced Sweet Potato

Family Friendly

Optional Spice

30 Minutes



### 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



Lean Ground Bison



Sweet Potato



Beef Broth Concentrate



Tomato Sauce Base



Sour Cream



Crushed Tomatoes



Mexican Seasoning



Cheddar Cheese, shredded



Black Beans



Cilantro



Chipotle Powder

### HELLO BEEF CHILI

*This comfort-in-a-bowl is brimming with hearty ingredients!*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.



### Heat Guide for Step 3 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ¼ tsp
- Spicy: ½ tsp

## Bust out

Baking sheet, vegetable peeler, measuring spoons, strainer, measuring cups, large pot

## Ingredients

|   | 2 Person | 4 Person |
|---|----------|----------|
| Ground Beef   | 250 g    | 500 g    |
|  Lean Ground Bison | 250 g    | 500 g    |
| Sweet Potato  | 340 g    | 680 g    |
| Beef Broth Concentrate  | 1        | 2        |
| Tomato Sauce Base   | 2 tbsp   | 4 tbsp   |
| Sour Cream  | 3 tbsp   | 6 tbsp   |
| Crushed Tomatoes  | 370 ml   | 796 ml   |
| Mexican Seasoning   | 2 tbsp   | 4 tbsp   |
| Cheddar Cheese, shredded  | ¼ cup    | ½ cup    |
| Black Beans   | 370 ml   | 740 ml   |
| Cilantro  | 7 g      | 7 g      |
| Chipotle Powder  | ¼ tsp    | ½ tsp    |
| 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.*

## Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



## Roast sweet potatoes

Peel, then cut **sweet potatoes** into ½-inch pieces. Add **sweet potatoes**, **half the Mexican Seasoning** and **½ tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 18-20 min.



## Cook chili

Add **broth concentrate**, **beans**, **crushed tomatoes** and **½ cup reserved bean liquid** (dbl for 4 ppl). Reduce heat to medium-low. Simmer, stirring occasionally, until **chili** thickens slightly, 6-7 min. Season with **salt** and **pepper**.



## Prep

While **sweet potatoes** roast, drain **beans**, reserving **liquid**, then rinse **beans**. Roughly chop **cilantro**.



## Finish and serve

Stir **Mexican-spiced sweet potatoes** into **chili**. Divide **chili** between bowls. Top with **cheese** and **cilantro**. Dollop **sour cream** over top.

## Dinner Solved!



## Start chili

Heat a large pot over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **beef**, **remaining Mexican Seasoning** and **¼ tsp chipotle powder**. (**NOTE:** Reference heat guide.) Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min. **\*\* Add tomato sauce base.** Cook, stirring often, until **beef** is coated, 1 min. Season with **salt** and **pepper**.



### CUSTOM RECIPE

If you've opted to get **bison**, cook it in the same way the recipe instructs you to cook the **beef**.