



# MIXED BEAN AND TURKEY CHILI

with Brown Rice and Sour Cream

PRONTO



## HELLO

### MIXED BEANS

Packed with protein and fibre, beans are a no-brainer when it comes to being a nutritional superstar

PREP: 15 MIN | TOTAL: 30 MIN | CALORIES: 849



Ground Turkey



Red Onion, chopped



Mixed Beans



Southwest Spice Blend



Diced Tomatoes



Tomato Paste



Vegetable Broth Concentrate



Cilantro



Garlic



Sprouted Brown Rice



Sour Cream

## BUST OUT

- Measuring Cups
- Garlic Press
- 2 Medium Pots
- Salt and Pepper
- Strainer
- Olive or Canola oil

## INGREDIENTS

2-person | 4-person

- Ground Turkey 250 g | 500 g
- Red Onion, chopped 56 g | 113 g
- Mixed Beans 1 can | 2 can
- Southwest Spice Blend 2 tbsp | 4 tbsp
- Diced Tomatoes 1 box | 2 box
- Tomato Paste 3 tbsp | 6 tbsp
- Vegetable Broth Concentrate 2 | 4
- Cilantro 10 g | 20 g
- Garlic 10 g | 20 g
- Sprouted Brown Rice ¾ cup | 1 ½ cup
- Sour Cream 2 3 tbsp | 6 tbsp

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.



## START STRONG

If you don't have a garlic crusher, lay the garlic clove on a chopping board. Place a chef's knife flat on top of the garlic clove and press down firmly to crush. Finely chop the garlic.



**1 COOK RICE** Using a strainer, rinse the **rice**. In a medium pot, combine the rice, **1 pkg broth concentrate** (2 pkgs for 4 ppl) and **2 cups water** (double for 4 ppl). Bring to a boil over high heat, then reduce heat to medium-low. Cover and simmer until the rice is tender, 25-26 min. (When rice is cooked, remove from the heat and let stand, 2-3 min. Drain any excess water.)



**4 COOK CHILI** Add the **diced tomatoes, beans,** including the liquid from the box(es), **remaining broth concentrate(s)** and **¼ cup water** (double for 4 ppl) to the pot. Bring to a boil over high heat, then reduce the heat to medium. Simmer until the chili is slightly thickened, 10-12 min. Season with **salt and pepper**.



**2 PREP** Meanwhile, **wash and dry all produce.\*** Mince or grate the **garlic**. Roughly chop the **cilantro**. Heat another medium pot over medium-high heat. Add a drizzle of **oil**, then the **onions**. Cook, stirring occasionally, until softened, 3-4 min.



**5 FINISH AND SERVE** Stir **half the cilantro** into the **rice**, then divide between bowls. Spoon over the **turkey chili** and dollop with the **sour cream**. Sprinkle over the **remaining cilantro**.



**3 COOK TURKEY** Add the **turkey and Southwest spice blend** to the pot. Cook, breaking up the turkey with a spoon, until no pink remains, 4-5 min. Add the **tomato paste and garlic**. Cook, stirring often, until the tomato paste coats the turkey and the garlic is fragrant, 3-4 min.

## COOL!

A dollop of sour cream adds a creamy tartness to the chili.