



Sloppy Joe-Inspired Stew

with Cheese Toast Soldiers

Family Friendly

30 Minutes



Ground Beef



Green Bell Pepper



Mirepoix



Worcestershire Sauce



Crushed Tomatoes



Beef Broth Concentrate



Italian Breadcrumbs



Mozzarella Cheese, shredded



Artisan Bun



Garlic Salt

HELLO MIREPOIX

A classic flavour base made up of carrots, celery and onions!

Start here

- Before starting, preheat the broiler to high.
- Remove 1 tbsp butter (dbl for 4 ppl) from the fridge and set aside to come up to room temperature.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, parchment paper, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Green Bell Pepper	200 g	400 g
Mirepoix	113 g	227 g
Worcestershire Sauce	1 tbsp	2 tbsp
Crushed Tomatoes	200 ml	398 ml
Beef Broth Concentrate	2	4
Italian Breadcrumbs	¼ cup	½ cup
Mozzarella Cheese, shredded	¾ cup	1 ½ cups
Artisan Bun	2	4
Garlic Salt	1 tsp	2 tsp
Sugar*	¼ tsp	½ tsp
Unsalted Butter*	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 egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Cook mirepoix

- Heat a large pot over medium heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **mirepoix**. Cook, stirring occasionally, until slightly softened, 3-4 min.



Cook stew

- Stir **peppers, crushed tomatoes, Worcestershire sauce, broth concentrates, breadcrumbs, ¼ tsp sugar, ¾ tsp garlic salt** (dbl both for 4 ppl) and **1 ¼ cups water** (1 ¾ cups for 4 ppl) into the pot with **beef and mirepoix**. Bring to a gentle boil over high.
- Once boiling, reduce heat to medium. Cover and cook, stirring occasionally, until **veggies** are tender, 8-10 min.



Prep

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Halve **buns**. Spread **1 tbsp butter** (dbl for 4 ppl) on cut sides.



Make cheese toast soldiers

- When **stew** is almost done, arrange **buns** on a parchment-lined baking sheet, cut-side up.
- Sprinkle **a pinch of garlic salt** over **buns**, then sprinkle **three-quarters of the cheese** over top.
- Toast **buns** in the **middle** of the oven until **cheese** melts, 2-3 min. (**TIP:** Keep an eye on buns so they don't burn!)
- Cut **cheese toast** into 1-inch strips.



Cook beef

- Increase heat to medium-high, then add **beef** to the pot with **mirepoix**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**
- Season with **salt and pepper**.



Finish and serve

- Season **stew** with **salt** or **any remaining garlic salt and pepper**, to taste, then stir to combine.
- Divide **stew** between bowls. Sprinkle **remaining cheese** over top.
- Serve **cheese toast soldiers** alongside for dipping.

Dinner Solved!