



NOV
2016

Smoky Beef Chili

with Kidney Beans, Cheddar and Sour Cream

Take a quick trip to New Mexico with this dish! The chili is simmered with ground beef, tomatoes, kidney beans, chili powder, and cumin. We've finished it off with a dollop of sour cream and a sprinkle of cheddar cheese to cool things off.



Ground Beef



Green Bell Pepper



Garlic



Chili-Cumin Blend



Beef Broth Concentrate



Crushed Tomatoes



Kidney Beans



Cheddar Cheese



Sour Cream



Yellow Onion



Tomato Paste

Ingredients

| | 4 People |
|------------------------------------|----------------|
| Ground Beef | 2 pkg (680 g) |
| Green Bell Pepper | 2 |
| Garlic | 2 pkg (20 g) |
| Chili-Cumin Blend | 1 pkg (5 tsp) |
| Beef Broth Concentrate | 2 |
| Crushed Tomatoes | 1 box |
| Kidney Beans | 1 pkg |
| Cheddar Cheese, shredded 1) | 1 pkg (113 g) |
| Sour Cream 1) | 3 pkg |
| Onion, finely chopped | 1 pkg (113 g) |
| Tomato Paste | 1 pkg (2 tbsp) |
| Olive or Canola Oil* | |

*Not Included

Allergens

1) Milk/Lait

Tools

Large Pot, Strainer, Measuring Spoons, Measuring Cup

Nutrition per person Calories: 632 cal | Fat: 39 g | Protein: 47 g | Carbs: 26 g | Fibre: 6 g | Sodium: 1112 mg

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

Ruler

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1 Prep: Wash and dry all produce. Mince or grate the **garlic**. Drain and rinse the **kidney beans**. Core, seed and remove the white veins from the **green bell pepper**, then dice into 1/2-inch cubes.



2 Brown the beef: Heat a large pot over medium-high heat. Add a drizzle of **oil**, then the **ground beef**. Cook, breaking up the pieces with a wooden spoon, until the meat is no longer pink, 4-5 min.



3 Cook the vegetables: Add the **onion, green bell pepper** and **garlic** to the pan. Cook, stirring often, until the onion softens, 3-4 min. Add the **spice blend** and stir to coat.

4 Simmer the chili: Add the **beef broth concentrates, tomato paste, beans, crushed tomatoes**, and **1 cup water** to the pan. Bring to a boil, then reduce the heat to medium-low. Simmer until the chili is slightly thickened, 9-10 min. Season with **salt** and **pepper**. (**TIP:** If you have time, keep it simmering on the stove for longer! It gets better the longer it cooks!)

5 Finish and serve: Serve the **chili** divided between bowls. Sprinkle over the **cheddar cheese** and add a dollop of **sour cream**. Enjoy!

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