



Smoky Mexican-Inspired Bison Stew

with Black Beans

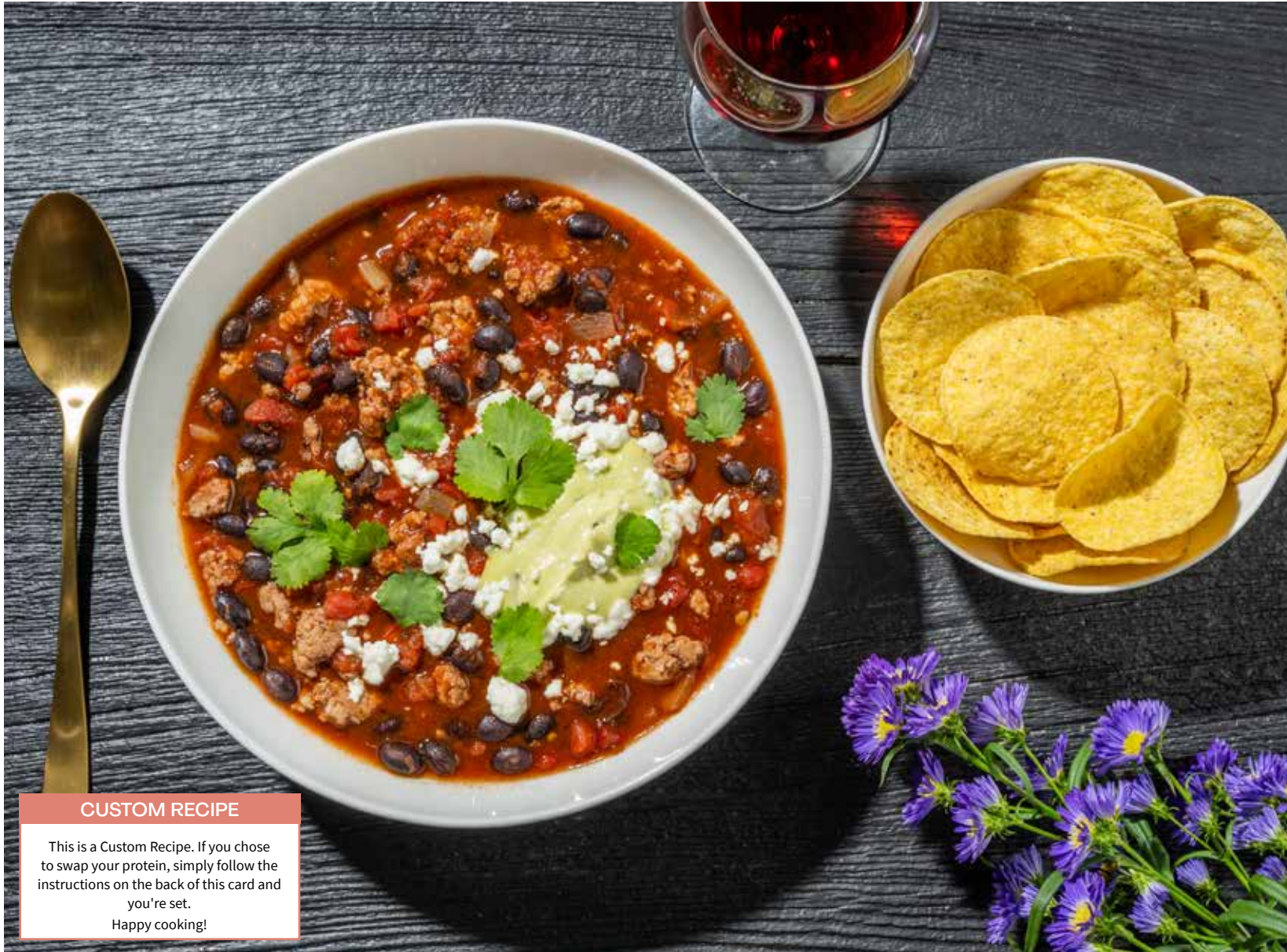
Discovery Special

Spicy

30 Minutes



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Lean Ground Bison



Ground Beef



Black Beans



Feta Cheese,
crumbled



Crushed Tomatoes
with Garlic and
Onion



Cilantro



Sour Cream



Tortilla Chips



Chipotle Powder



Mexican Seasoning



Yellow Onion



Tomato Sauce Base



Guacamole

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!

HELLO CHIPOTLE POWDER

Smoked jalapeño peppers are dried, then ground into a spicy powder!

Start here

Before starting, wash and dry all produce.

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

Heat Guide for Step 2:

- Mild: ½ tsp (¼ tsp)
- Medium: ¼ tsp (½ tsp)
- Spicy: ½ tsp (1 tsp)
- Extra-spicy: 1 tsp (2 tsp)

Bust out

Colander, measuring spoons, small bowl, measuring cups, large pot

Ingredients

	2 Person	4 Person
Lean Ground Bison	250 g	500 g
Ground Beef	250 g	500 g
Black Beans	370 ml	740 ml
Feta Cheese, crumbled	¼ cup	½ cup
Crushed Tomatoes with Garlic and Onion	1	2
Cilantro	7 g	14 g
Sour Cream	3 tbsp	6 tbsp
Tortilla Chips	85 g	170 g
Chipotle Powder 🌶️	¼ tsp	½ tsp
Mexican Seasoning	2 tbsp	4 tbsp
Yellow Onion	1	2
Tomato Sauce Base	1 tbsp	2 tbsp
Guacamole	3 tbsp	6 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.



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1 Prep

- Pick **cilantro leaves** from **stems**. Keep **leaves** and **stems** separate.
- Thinly slice **cilantro stems**. Peel, halve, then cut **onion** into ¼-inch pieces.
- Drain, then rinse **black beans**.



2 Cook aromatics

- Heat a large pot over medium-high heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **onions, cilantro stems** and **¼ tsp chipotle powder**. (NOTE: Reference heat guide.)
- Cook, stirring occasionally, until **onions** soften, 2-3 min. Season with **salt** and **pepper**.



3 Cook bison

- Add **bison** to the pot with **onions**. Cook, breaking up **bison** into smaller pieces, until no pink remains, 4-5 min.**
- Add **Mexican Seasoning, tomato sauce base** and **beans**. Cook, stirring often, until fragrant, 1 min.
- Season with **salt** and **pepper**.

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



4 Cook stew

- Add **crushed tomatoes** and **½ cup** (1 cup) **water** to the pot with **bison**. Stir to combine, then bring to a boil over high.
- Once boiling, reduce heat to medium-low. Simmer, stirring occasionally, until **stew** thickens slightly, 5-6 min.
- Season with **salt** and **pepper**. (TIP: If you have time, keep stew simmering on the stove for longer! It gets better the longer it cooks!)



5 Finish and serve

- Combine **sour cream** and **guacamole** in a small bowl.
- Divide **stew** between bowls. Dollop with **guacamole cream**, then sprinkle **feta** and **cilantro leaves** over top.
- Serve **tortilla chips** on the side for scooping.

Dinner Solved!