



Smoky Mexican-Inspired Lamb Stew with Black Beans

Discovery

Spicy

30 Minutes



Ground Lamb



Ground Beef



Black Beans



Feta Cheese,
crumbled



Crushed Tomatoes



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.

Heat Guide for Step 2 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ¼ tsp
- Spicy: ½ tsp
- Extra-spicy: 1 tsp

Bust out

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

Ingredients

	2 Person	4 Person
Ground Lamb	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	370 ml	740 ml
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	113 g	227 g
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.

Contact

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Prep

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



Cook stew

Add **crushed tomatoes** and **½ cup water** (dbl for 4 ppl) to the pot with **lamb**. Stir to combine, then bring to a boil over high heat. Once boiling, reduce heat to medium-low. Simmer **stew**, stirring occasionally, until **stew** thickens slightly, 5-6 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!)



Cook aromatics

Heat a large pot over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), 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**.



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!



Cook lamb

Add **lamb** to the pot with **onions**. Cook, breaking up **lamb** 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**.



CUSTOM RECIPE

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