





Speedy Chicken Chili

with Ciabatta Croutons











Family Friendly 25-35 Minutes

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If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

 Ground Beef 250 g 500 g	 Beyond Meat® 2 4
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 Ground Chicken 250 g 500 g	 Enchilada Spice Blend 2 tbsp 4 tbsp
 Carrot 1 2	 Crushed Tomatoes with Garlic and Onion 1 2
 Black Beans 370 ml 740 ml	 Sweet Bell Pepper 1 2
 Yellow Onion 1 1	 Sour Cream 3 tbsp 6 tbsp
 Ciabatta Roll 1 2	 Tomato Sauce Base 1 tbsp 2 tbsp

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.

Ingredient quantities	56g 2 person	113g 4 person
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Pantry items | Oil*, salt*, pepper*

Cooking utensils | Baking sheet, vegetable peeler, colander, measuring spoons, measuring cups, large pot

1



Prep

- Before starting, preheat the broiler to high.
- Wash and dry all produce.
- Drain, then rinse **beans**.
- Core, then cut **pepper** into ½-inch pieces.
- Peel, then quarter **carrot** lengthwise. Cut into ¼-inch quarter moons.
- Peel, then cut **onion** into ½-inch pieces.

2



Cook veggies

- Heat a large pot over medium-high heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **onions**, **carrots** and **peppers**.
- Cook, stirring occasionally, until tender-crisp, 4-5 min.
- Season with **salt** and **pepper**.
- Remove from heat, then transfer **veggies** to a plate.

3



Cook chicken

Swap | **Ground Beef**

Swap | **Beyond Meat®**

- Heat the same pot over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**.
- Cook, breaking up **chicken** into smaller pieces, until no pink remains, 4-5 min.**
- Add **Enchilada Spice Blend** and **tomato sauce base**. Cook, stirring often, until fragrant, 1 min.

4



Cook chili

- Add **crushed tomatoes**, **beans**, **veggies** and **¾ cup** (1 ½ cups) **water** to the pot. Stir to combine, then bring to a boil over high. Once boiling, reduce heat to medium.
- Cover and simmer, stirring occasionally, until **chili** thickens slightly, 7-8 min. (**TIP**: If you have time, keep it simmering on the stove for longer. Chili gets better the longer it cooks!) Season with **salt** and **pepper**, to taste.

5



Broil croutons

- Meanwhile, cut **ciabatta** into ½-inch pieces. Add **ciabatta** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Arrange **ciabatta** in a single layer.
- Broil in the **middle** of the oven, until golden-brown and toasted, 3-4 min. (**NOTE**: Keep an eye on your croutons so they don't burn!)

6



Finish and serve

- Divide **chili** between bowls. Top with **croutons**.
- Dollop **sour cream** over top.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

3 | Cook beef

Swap | **Ground Beef**

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

3 | Cook Beyond Meat®

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, cook it the same way the recipe instructs you to cook the **ground chicken**, until crispy.**

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F.



Issue with your meal? Scan the QR code to share your feedback.