



# Beef and Bean Chili

with Sour Cream and Cheddar

30 Minutes



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Ground Beef



Ground Turkey



Green Bell Pepper



Kidney Beans



Tex-Mex Paste



Sour Cream



Crushed Tomatoes



Cheddar Cheese,  
shredded



Green Onion



Garlic Salt

### 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 BEANS

*Use the liquid from the beans to add flavour and body to the chili!*

## Start here

Before starting, wash and dry all produce.

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

## Bust out

Measuring spoons, measuring cups, large pot

## Ingredients

|                          | 2 Person | 4 Person |
|--------------------------|----------|----------|
| Ground Beef              | 250 g    | 500 g    |
| Ground Turkey            | 250 g    | 500 g    |
| Green Bell Pepper        | 200 g    | 400 g    |
| Kidney Beans             | 370 ml   | 740 ml   |
| Tex-Mex Paste            | 1 tbsp   | 2 tbsp   |
| Sour Cream               | 3 tbsp   | 6 tbsp   |
| Crushed Tomatoes         | 1        | 2        |
| Cheddar Cheese, shredded | ¼ cup    | ½ cup    |
| Green Onion              | 1        | 2        |
| Garlic Salt              | 1 tsp    | 2 tsp    |
| 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.*



### Prep

- Core, then cut **pepper** into ½-inch pieces.
- Thinly slice **green onion**.



### Cook peppers

- Heat a large pot over medium-high heat.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **peppers**. Season with **salt** and **pepper**. Cook, stirring occasionally, until **peppers** begin to soften, 2-3 min.



### Cook beef

- Add **beef** to the pot with **peppers**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.\*\*
- Carefully drain and discard excess fat.
- Add **Tex-Mex paste**. Stir to combine.

If you've opted to get **turkey**, prepare and cook it in the same way the recipe instructs you to cook the **beef**\*\*



### Cook chili

- Add **crushed tomatoes**, ½ **cup** (1 **cup**) **water** and **beans**, including **liquid**, and **garlic salt**. Stir to combine, then bring to a boil over high.
- Once boiling, reduce heat to medium. Simmer, stirring occasionally, until **chili** thickens slightly, 12-15 min. (**TIP**: If you have time, keep it simmering on the stove for longer! It gets better the longer it cooks!)
- Season with **salt** and **pepper**, to taste.



### Finish and serve

- Divide **chili** between bowls.
- Dollop **sour cream** over top, then sprinkle with **green onions** and **cheese**.

## Dinner Solved!



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