



Beef and Bean Chili

with Sour Cream and Cheddar

Family Friendly 25-35 Minutes

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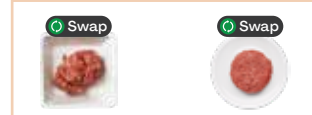
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or

*2 Double

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](http://www.hellofresh.ca)



Ground Turkey
250 g | 500 g

Beyond Meat®
2 | 4



Ground Beef
250 g | 500 g



Green Bell Pepper
1 | 2



Kidney Beans
370 ml | 740 ml



Tex-Mex Paste
1 tbsp | 2 tbsp



Sour Cream
3 tbsp | 6 tbsp



Crushed Tomatoes with Garlic and Onion
1 | 2



Cheddar Cheese, shredded
¼ cup | ½ cup



Green Onion
1 | 2



Garlic Salt
1 tsp | 2 tsp

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.

Pantry items | Oil*, salt*, pepper*

Cooking utensils | Measuring spoons, measuring cups, large pot

1



Prep

- Before starting, wash and dry all produce.
- Core, then cut **pepper** into ½-inch pieces.
- Thinly slice **green onion**.

2



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.

3



Cook beef

- [Swap](#) | **Ground Turkey**
- [Swap](#) | **Beyond Meat®**
- 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.

4



Cook chili

- Add **crushed tomatoes**, ½ **cup** (1 **cup**) **water**, **beans** with **canning 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! Chili gets better the longer it cooks!)
- Season with **salt** and **pepper**, to taste.

5



Finish and serve

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

Measurements within steps

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

3 | Cook turkey

[Swap](#) | **Ground Turkey**

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook the **beef**, disregarding instructions to drain fat.**

3 | Cook Beyond Meat®

[Swap](#) | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prepare and cook it the same way as the **beef**, until golden-brown.**

** Cook beef, turkey and Beyond Meat® to a minimum internal temperature of 74°C/165°F.



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