



Carb Smart Jalapeño-Beef Chili

with Cheddar Cheese

Smart Meal 25 Minutes

Customized Protein





+ Add

Swap










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

 Swap	 Swap
	
Ground Pork 250 g 500 g	Beyond Meat 2 4



	
Ground Beef 250 g 500 g	Cilantro 7 g 7 g
	
Jalapeño 1 2	Sweet Bell Pepper 1 2
	
Crushed Tomatoes with Garlic and Onion 1 2	Mexican Seasoning 2 tbsp 4 tbsp
	
Sour Cream 1 2	Cheddar Cheese, shredded ¼ cup ½ cup
	
Yellow Onion 1 2	Garlic Puree 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	56 g	113 g
	2 person	4 person

1



Prep

- Before starting, wash and dry all produce.

Heat Guide for Step 2:

- Mild: ½ tbsp (1 tbsp)
- Medium: 1 tbsp (2 tbsp)
- Spicy: 2 tbsp (4 tbsp)

- Peel, then cut **onion** into ¼-inch pieces.
- Core, then cut **pepper** into ½-inch pieces.
- Roughly chop **cilantro**.
- Core, then finely chop **jalapeño**. (TIP: We suggest using gloves when prepping jalapeño.)

2



Cook veggies

- Heat a large pot over medium-high heat.
- When the pot is hot, add ½ **tbsp** (1 tbsp) **oil**, then **peppers** and **1 tbsp** (2 tbsp) **jalapeños**. (NOTE: Reference heat guide.)
- Cook, stirring occasionally, until **veggies** are tender-crisp, 5-6 min.
- Season with **salt** and **pepper**, to taste.
- Remove from heat. Transfer **veggies** to a plate.

3



Cook beef

Swap | Ground Pork

Swap | Beyond Meat®

- Reheat the same pot over medium.
- When the pot is hot, add ½ **tbsp** (1 tbsp) **oil**, then **beef** and **onions**.
- Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**
- Carefully drain and discard excess fat.
- Add **garlic puree** and **Mexican Seasoning**. Cook, stirring often, until fragrant, 1 min.
- Season with **salt** and **pepper**.

4



Cook chili

- Add **crushed tomatoes** and ½ **cup** (1 cup) water to the pot with **beef**. Stir to combine, then bring to a boil over high.
- Once boiling, reduce heat to medium.
- Simmer, stirring occasionally, until chili thickens slightly, 10-12 min. (TIP: If you have time, keep it simmering on the stove for longer. Chili gets better the longer it cooks!)

5



Finish and serve

- When chili is done, add **veggies**. Season with **salt** and **pepper**, to taste.
- Cook, stirring often, until warmed through, 2-3 min.
- Divide chili between bowls.
- Dollop **sour cream** over top, then sprinkle with **cilantro** and **cheese**.

3 | Cook pork

Swap | Ground Pork

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

3 | Cook Beyond Meat®

Swap | Beyond Meat®

If you've opted to get **Beyond Meat®**, cook and plate it the same way as the **beef**, breaking up **patties** into bite-sized pieces, until crispy, 5-6 min.**

♦ 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.