



# Easy Cheesy Beef Tex-Mex Bake

## with Peppers and Corn

Family Friendly 30-40 Minutes



Ground Turkey 250 g | 500 g  
Beyond Meat® 2 | 4  
Chorizo Sausage, uncased 250 g | 500 g

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)



Ground Beef  
250 g | 500 g



Basmati Rice  
¼ cup | 1 ½ cups



Crushed Tomatoes with Garlic and Onion  
1 | 2



Sweet Bell Pepper  
1 | 2



Mexican Seasoning  
16 g | 32 g



Corn Kernels  
113 g | 226 g



Cheddar Cheese, shredded  
¼ cup | ½ cup



Yellow Onion  
1 | 2



Sour Cream  
2 | 4

**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-serving | 4-serving

Pantry items | Oil, salt, pepper

Cooking utensils | Baking dish, large non-stick pan, measuring cups, measuring spoons, medium pot, strainer

1



### Prep

- Before starting, preheat the broiler to high.
- Wash and dry all produce.
- Using a strainer, rinse **rice** until water runs clear.
- To a medium pot, add **1 ¼ cups** (2 ½ cups) **water** and **½ tsp** (¼ tsp) **salt**. Cover and bring to a boil over high.
- Meanwhile, core then cut **bell pepper** into ½ inch pieces.
- Peel, then cut **onion** into ¼-inch pieces.

2



### Cook rice

- To the **boiling water**, stir in **rice** and reduce heat to low. Cover and cook for 13-15 min, until **rice** is tender and water is absorbed.
- Remove from heat. Set aside, still covered.

3



### Cook beef

🔄 Swap | **Ground Turkey**

🔄 Swap | **Beyond Meat®**

🔄 Swap | **Chorizo Sausage**

- In a large non-stick pan, heat **½ tbsp** (1 tbsp) **oil** over medium-high.
- When hot, add **beef**. Cook for 3-5 min, breaking up **beef** into smaller pieces, until no pink remains.\*\*
- Carefully drain and discard excess fat.
- Add **Mexican Seasoning** and cook for 1 min, stirring often, until fragrant.
- Season with **salt** and **pepper**. Transfer **beef** to a plate. Set aside.

4



### Cook veggies

- Reheat the same pan over medium-high.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **peppers**. Cook for 2-3 min, stirring occasionally, until starting to soften.
- Add **corn** and **onions**. Season with **salt** and **pepper**. Cook for 4-5 min, stirring occasionally, until **veggies** are tender-crisp.

5



### Assemble casserole

- Fluff **rice** with a fork.
- To the pan with **veggies**, add **rice**, **tomatoes** and **beef**.
- Stir together until heated through. Season with **salt** and **pepper**.
- Transfer the **beef mixture** to a lightly-oiled 9x13-inch baking dish.

6



### Finish and serve

- Sprinkle **casserole** with **cheddar cheese**.
- Broil in the **middle** of the oven for 3-4 min, until **cheese** melts.
- Divide **cheesy beef Tex-Mex bake** between plates.
- Dollop **sour cream** over top.

Measurements within steps **1 tbsp** (2 tbsp) **oil**

2-serving 4-serving Ingredient

### For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

### 3 | Cook turkey

🔄 Swap | **Ground Turkey**

If you've opted to get **turkey**, add **1 tbsp** (2 tbsp) **oil** to the pan, then add **turkey**. Cook **turkey** in the same way the recipe instructs you to cook the **beef**.\*\* Disregard instructions to drain excess fat.

### 3 | Cook Beyond Meat®

🔄 Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, cook for 5-6 min, in the same way as the **beef**, breaking up **patties** into smaller pieces, until crispy.\*\* Disregard instructions to drain excess fat.

### 3 | Cook chorizo

🔄 Swap | **Chorizo Sausage**

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

\*\* Cook to a minimum internal temperature of 165°F.