



Carb Smart Jalapeño Beef Chili

with Cheddar Cheese

Smart Meal

Spicy

25 Minutes

Customized Protein

+ Add

Swap

or

x2 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 Turkey
250 g | 500 g



Beyond Meat®
2 | 4



Ground Beef
250 g | 500 g



Chives
7 g | 14 g



Jalapeño
1 | 2



Sweet Bell Pepper
1 | 2



Crushed Tomatoes with Garlic and Onion
1 | 2



Mexican Seasoning
16 g | 32 g



Sour Cream
1 | 2



Cheddar Cheese, shredded
1/4 cup | 1/2 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.

1



Prep

- Before starting, wash and dry all produce.
- Peel, then cut **onion** into ¼-inch pieces.
- Core, then cut **pepper** into ½-inch pieces.
- Roughly chop chives.
- Core, then finely chop **jalapeño**. (TIP: We suggest using gloves when prepping jalapeño.)

2



Cook veggies

- Heat a large pot over medium-high.
- When the pot is hot, add ½ **tbsp** (1 **tblsp**) **oil**, then **peppers** and **1 tbsp** (2 **tblsp**) **jalapeños**. (TIP: Add more jalapeños if you like it spicy!)
- Cook for 5-6 min, stirring occasionally, until **veggies** are tender-crisp.
- Season with **salt** and **pepper**.
- Remove from heat. Transfer **veggies** to a plate.

3



Cook beef

🔄 Swap | **Ground Turkey**

🔄 Swap | **Beyond Meat®**

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

4



Cook chili

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

5



Finish and serve

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

Measurements within steps **1 tbsp** (2 **tblsp**) **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 **tblsp**) **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.