



Speedy Chicken Chili

with Ciabatta Croutons

Family Friendly 30 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



Chorizo Sausage, uncased
250 g | 500 g

Swap



Beyond Meat®
2 | 4

Swap



Ground Beef
250 g | 500 g



Ground Chicken
250 g | 500 g



Enchilada Spice Blend
16 g | 32 g



Carrot
1 | 2



Crushed Tomatoes with Garlic and Onion
1 | 2



Black Beans
1 | 2



Sweet Bell Pepper
1 | 2



Yellow Onion
1 | 1



Sour Cream
1 | 2



Ciabatta Roll
1 | 2



Tomato Sauce Base
2 tbsp | 4 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, preheat the broiler to high.
- Wash and dry all produce.
- Drain, then rinse **beans**.
- Core, then cut **pepper** into ½-inch pieces.
- Peel **carrot**, halve lengthwise, then cut into ¼-inch half-moons.
- Peel, then cut **onion** into ½-inch pieces.

2



Cook veggies

- Heat a large pot over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **onions, carrots** and **peppers**.
- Cook for 4-5 min, stirring occasionally, until tender-crisp.
- Season with **salt** and **pepper**.

3



Cook chicken

- ◉ Swap | **Chorizo Sausage, uncased**
- ◉ Swap | **Beyond Meat®**
- ◉ Swap | **Ground Beef**
- To **veggies**, add another **1 tbsp** (2 tbsp) **oil**, then **chicken**.
- Cook for 4-5 min, breaking up **chicken** into smaller pieces, until no pink remains.**
- Add **Enchilada Spice Blend** and **tomato sauce base**. Cook for 1 min, stirring often, until fragrant.

4



Cook chili

- To the pot, add **crushed tomatoes, beans** and **¾ cup** (1 ½ cups) **water**. Stir to combine, then bring to a boil over high.
- Once boiling, reduce heat to medium.
- Cover and simmer for 7-8 min, stirring occasionally, until **chili** thickens slightly. (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**.

5



Broil croutons

- Meanwhile, cut **ciabatta** into ½-inch pieces.
- To an unlined baking sheet, add **ciabatta** and **1 tbsp** (2 tbsp) **oil**. Season with **salt** and **pepper**, then toss to coat.
- Arrange **ciabatta** in a single layer.
- Broil in the **middle** of the oven for 3-4 min, until golden and toasted. (NOTE: Keep an eye on them so they don't burn.)

6



Finish and serve

- Divide **chili** between bowls. Top with **croutons**.
- 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 chorizo

◉ Swap | **Chorizo Sausage, uncased**

If you've opted to get **chorizo**, omit the **oil** when adding **chorizo** to the pot with **veggies**. Cook **chorizo** in the same way the recipe instructs you to cook the **chicken**.**

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 **chicken**, breaking up **patties** into smaller pieces, until crispy.**

3 | Cook beef

◉ Swap | **Ground Beef**

If you've opted to get **beef**, omit the **oil** when adding **beef** to the pot with **veggies**. Cook **beef** in the same way the recipe instructs you to cook the **chicken**.**

♦ 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 165°F.