



# Beef and Bean Chili

with Sour Cream and Cheddar

30 Minutes



Ground Beef



Yellow Onion



Sweet Bell Pepper



Kidney Beans



Mexican Seasoning



Sour Cream



Crushed Tomatoes



Beef Broth Concentrate



Cheddar Cheese, shredded



Green Onion

HELLO BEANS

*Use the liquid from the beans to add flavour and body to the chili!*

## Start here

Before starting, wash and dry all produce.

## Bust out

Measuring spoons, measuring cups, large pot

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Yellow Onion	56 g	113 g
Sweet Bell Pepper	160 g	320 g
Kidney Beans	370 ml	740 ml
Mexican Seasoning	2 tbsp	4 tbsp
Sour Cream	3 tbsp	6 tbsp
Crushed Tomatoes	370 ml	796 ml
Beef Broth Concentrate	1	2
Cheddar Cheese, shredded	¼ cup	½ cup
Green Onion	1	2
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F.

## 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.*

## Contact

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## 1 Prep

- Core, then cut **pepper** into ½-inch pieces.
- Peel, then cut **half the onion** into ½-inch pieces (whole onion for 4 ppl).
- Thinly slice **green onion**.



## 2 Cook veggies

- Heat a large pot over medium-high heat.
- When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **onions** and **peppers**. Season with **salt** and **pepper**. Cook, stirring occasionally, until **veggies** begin to soften, 2-3 min.



## 3 Cook beef

- Add **beef** to the pot with **veggies**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.\*\*
- Carefully drain and discard excess fat.
- Add **Mexican Seasoning**. Cook, stirring often, until fragrant, 1 min.



## 4 Cook chili

- Add **crushed tomatoes**, ½ **cup water** (dbl for 4 ppl), **broth concentrate** and **beans**, including **liquid**. 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! It 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**.

## Dinner Solved!