



Beef, Rice and Pepper Stew

with Cheddar Cheese

Quick

Family Friendly

25 Minutes



Ground Beef



Marinara Sauce



Beef Stock Powder



Soy Sauce



Italian Seasoning



Parboiled Rice



Cheddar Cheese, shredded



Sweet Bell Pepper



Parsley



Garlic, cloves



Onion, chopped



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HELLO SOY SAUCE

The secret to adding oomph to a soup or sauce!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, medium pot, measuring cups, large pot

Ingredients

| | 2 Person | 4 Person |
|--------------------------|----------|----------|
| Ground Beef | 250 g | 500 g |
| Marinara Sauce | ½ cup | 1 cup |
| Beef Stock Powder | 1 tbsp | 2 tbsp |
| Soy Sauce | 1 tbsp | 2 tbsp |
| Italian Seasoning | ½ tbsp | 1 tbsp |
| Parboiled Rice | ¾ cup | 1 ½ cups |
| Cheddar Cheese, shredded | ¼ cup | ½ cup |
| Sweet Bell Pepper | 160 g | 320 g |
| Parsley | 7 g | 14 g |
| Garlic, cloves | 1 | 2 |
| Onion, chopped | 113 g | 227 g |
| Sugar* | ½ tsp | 1 tsp |
| 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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Cook rice

- Add **rice**, **1 ¼ cups water** and **⅛ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



Cook stew

- Add **peppers**, **marinara sauce**, **stock powder**, **half the parsley**, **2 cups water** and **½ tsp sugar** (dbl both for 4 ppl) to the pot with **beef**. Season with **pepper** and **½ tsp salt** (dbl for 4 ppl).
- Bring to a gentle boil over high, scraping up **any bits** that stick to the bottom of the pot.
- Once boiling, reduce heat to medium. Cover and cook, stirring occasionally, until **peppers** are tender, 8-10 min.



Prep

- Meanwhile, core, then cut **pepper** into ¼-inch pieces.
- Peel, then mince or grate **garlic**.
- Roughly chop **parsley**.



Finish stew

- Fluff **rice** with a fork, then add to **stew**.
- Season with **salt** and **pepper**, to taste, then stir to combine. (**TIP:** If stew is too thick, add ¼ cup water to loosen.)



Start stew

- Heat a large pot over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring occasionally, until softened slightly, 2-3 min.
- Add **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**
- Carefully drain and discard excess fat, if desired.
- Add **garlic**, **soy sauce** and **half the Italian Seasoning** (use all for 4 ppl). Season with **salt** and **pepper**. Cook, stirring often, until fragrant, 30 sec.



Finish and serve

- Divide **stew** between bowls.
- Sprinkle **cheese** and **remaining parsley** over top.

Dinner Solved!