



# Cal Smart Chipotle Turkey Chili

with Feta and Corn

Calorie Smart

Spicy

30 Minutes



Ground Turkey



Green Bell Pepper



Black Beans



Corn Kernels



Crushed Tomatoes



Yellow Onion



Garlic, cloves



Tex-Mex Paste



Cilantro



Feta Cheese, crumbled



Chipotle Sauce



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HELLO CHIPOTLE SAUCE

An effortless way to add sweet smoky heat to any dish!

## Start here

Before starting, wash and dry all produce.

## Bust out

Measuring spoons, measuring cups, large pot

## Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Green Bell Pepper	200 g	400 g
Black Beans	370 ml	740 ml
Corn Kernels	113 g	227 g
Crushed Tomatoes	200 ml	398 ml
Yellow Onion	56 g	113 g
Garlic, cloves	1	2
Tex-Mex Paste	1 tbsp	2 tbsp
Cilantro	7 g	7 g
Feta Cheese, crumbled	¼ cup	½ cup
Chipotle Sauce 🌶️	2 tbsp	4 tbsp
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.*

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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).
- Peel, then mince or grate **garlic**.



### 4

## Cook chili

- Stir in **peppers, crushed tomatoes** and **¾ cup water** (dbl for 4 ppl). Season with **pepper** and **½ tsp salt** (dbl for 4 ppl). Bring to a gentle boil.
- Once boiling, reduce heat to medium. Cook, stirring occasionally, until **veggies** are tender, 10-12 min.
- Meanwhile, roughly chop **cilantro**.
- Add **corn** to the pot halfway through cooking.
- Season with **salt** and **pepper**, to taste.



### 2

## Cook turkey and onions

- Heat a large pot over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **turkey** and **onions**. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min. \*\*
- Season with **salt** and **pepper**.



### 5

## Finish and serve

- Divide **chili** between bowls. Sprinkle **feta** and **cilantro** over top.

## Dinner Solved!



### 3

## Start chili

- Add **garlic, chipotle sauce** and **Tex-Mex paste** to the pot. Cook, stirring often, until fragrant, 1 min.
- Stir in **beans** with their **liquid**. Cook, scraping up any **brown bits** on the bottom of the pot, until combined, 30 sec.