



Cal Smart Turkey Chilli

with Lime Crema

Calorie Smart 30 Minutes



Minced Turkey



Mexican Seasoning



Lime



Sour Cream



Black Beans



Mirepoix



Garlic Puree



Sweet Bell Pepper



Green Onions



Crushed Tomatoes

HELLO MINCED TURKEY

Using this delicious protein is a great way to lower saturated fats in a dinner!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, strainer, zester, small bowl, measuring cups, large pot

Ingredients

	2 Person	4 Person
Minced Turkey	250 g	500 g
Mexican Seasoning	2 tbsp	4 tbsp
Lime	1	2
Sour Cream	3 tbsp	6 tbsp
Black Beans	370 ml	740 ml
Mirepoix	113 g	227 g
Garlic Puree	1 tbsp	2 tbsp
Sweet Bell Pepper	160 g	320 g
Green Onions	2	2
Crushed Tomatoes	370 ml	740 ml
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.

Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.

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Prep

Drain and rinse **black beans**. Core, then cut **pepper** into ¼-inch pieces. Zest, then juice **lime**. Thinly slice **green onions**.



Make lime crema

While **chilli** cooks, add **lime zest** and **sour cream** to a small bowl. Season with **salt** and **pepper**, then stir to combine.



Cook turkey

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



Finish and serve

Divide **chilli** between bowls. Dollop with **lime crema**, then sprinkle **green onions** over top.

Dinner Solved!



Cook chilli

Add **peppers, black beans, lime juice, crushed tomatoes** and **½ cup water** (dbl for 4 ppl). Season with **salt** and **pepper**, then stir to combine. Bring to a boil. Once boiling, reduce heat to medium-low. Cover and cook, stirring occasionally, until **chilli** thickens slightly, 10-12 min.