



Carb Smart Chipotle Beef Chili

with Poblano Peppers and Cheddar Cheese

Carb Smart

Spicy

30 Minutes



Ground Beef



Cilantro



Zucchini



Poblano Pepper



Sweet Bell Pepper



Crushed Tomatoes



Mexican Seasoning



Chipotle Powder



Sour Cream



Cheddar Cheese, shredded



Yellow Onion



Garlic Puree



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HELLO MEXICAN SEASONING

Smoky, sweet and spicy combined for the perfect Tex-Mex flavour!

Start here

Before starting, wash and dry all produce.

Heat Guide for Step 3:

- Mild: ¼ tsp
- Medium: ¼ tsp
- Spicy: ½ tsp
- Extra-spicy: 1 tsp

Bust out

Measuring spoons, measuring cups, large pot

Ingredients

| | 2 Person | 4 Person |
|--------------------------|----------|----------|
| Ground Beef | 250 g | 500 g |
| Cilantro | 7 g | 7 g |
| Zucchini | 200 g | 400 g |
| Poblano Pepper 🌶️ | 160 g | 320 g |
| Sweet Bell Pepper | 160 g | 320 g |
| Crushed Tomatoes | 370 ml | 796 ml |
| Mexican Seasoning | 2 tbsp | 4 tbsp |
| Chipotle Powder 🌶️ | ¼ tsp | ¼ tsp |
| Sour Cream | 3 tbsp | 6 tbsp |
| Cheddar Cheese, shredded | ¼ cup | ½ cup |
| Yellow Onion | 56 g | 113 g |
| Garlic Puree | 1 tbsp | 2 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.

Contact

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1 Prep

- Cut **zucchini** into ½-inch pieces.
- Peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl).
- Core, then cut **bell pepper** and **poblano** into ½-inch pieces. (**TIP:** We suggest using gloves when prepping poblanos!)
- Roughly chop **cilantro**.



4 Cook chili

- Add **crushed tomatoes** and **½ cup water** (dbl for 4 ppl) to the pot with **beef**. Stir to combine, then bring to a boil over high.
- Once boiling, reduce heat to medium. Simmer, stirring occasionally, until **chili** thickens slightly, 10-12 min. (**TIP:** If you have time, keep it simmering on the stove for longer. It gets better the longer it cooks!)



2 Cook veggies

- Heat a large pot over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **zucchini, bell peppers** and **poblanos**. Cook, stirring occasionally, until tender-crisp, 5-6 min.
- Season with **salt** and **pepper**, to taste.
- Remove from heat. Transfer **veggies** to a plate.



5 Finish and serve

- When **chili** is done, add **veggies**. Season with **salt** and **pepper**. Cook, stirring often, until warmed through, 2-3 min.
- Divide **chili** between bowls.
- Dollop **sour cream** over top, then sprinkle with **cilantro** and **cheese**.



3 Cook beef

- Reheat the same pot over medium.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **beef** and **onions**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min. **
- Carefully drain and discard excess fat.
- Add **garlic puree, Mexican Seasoning** and **¼ tsp chipotle powder**. (**NOTE:** Reference heat guide.)
- Cook, stirring often, until fragrant, 1 min.
- Season with **salt** and **pepper**.

Dinner Solved!