



Game Day Beef Chili

with Kidney Beans, Cheddar and Sour Cream

30 Minutes



Ground Beef



Garlic



Kidney Beans



Green Bell Pepper



Yellow Onion



Mexican Seasoning



Tomato Sauce



Crushed Tomatoes



Cheddar Cheese,
shredded



Sour Cream



Ciabatta Roll

HELLO BEEF CHILI

This hearty beef chili is filled with tons of pleasing flavours

Start here

- Before starting, preheat your broiler to low.
- Wash and dry all produce.

Garlic Guide for Step 1 (dbl for 4 ppl):

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

Bust Out

Baking sheet, measuring spoons, silicone brush, strainer, small bowl, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Garlic	6 g	12 g
Kidney Beans	370 ml	740 ml
Green Bell Pepper	200 g	400 g
Yellow Onion	113 g	113 g
Mexican Seasoning	1 tbsp	2 tbsp
Tomato Sauce	2 tbsp	4 tbsp
Crushed Tomatoes	370 ml	740 ml
Cheddar Cheese, shredded	¼ cup	½ cup
Sour Cream	3 tbsp	6 tbsp
Ciabatta Roll	1	2
Oil*		

Salt and Pepper*

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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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Prep

Core, then cut **pepper** into ½-inch pieces. Drain and rinse **beans**. Peel, then cut **half the onion** into ¼-inch pieces (use the whole onion for 4ppl). Peel, then mince or grate **garlic**. Stir together ¼ tsp garlic with 1 tbsp oil (dbl both for 4 ppl) in a small bowl. (NOTE: Reference Garlic Guide.)



Simmer chili

Add **beans, crushed tomatoes** and ½ cup **water** (dbl for 4 ppl) to the pot. Stir together, then bring to a boil. Once boiling, reduce heat to medium. Simmer, stirring occasionally, until **chili** is slightly thickened, 8-10 min. Season with **salt** and **pepper**.



Cook beef

Heat a large pot (or a very large pan) over medium-high heat. When hot, add 1 tbsp oil (dbl for 4 ppl), then **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**



Make garlic ciabatta

While **chili** simmers, halve **buns**, then brush the cut-side with the **garlic oil**. Arrange on a baking sheet, cut-side up. Toast in the **middle** of the oven, until lightly golden, 3-4 min. (TIP: Keep an eye on your ciabatta so that it doesn't burn!)



Cook veggies

Add **onions, peppers** and **remaining garlic** to the pot. Cook, stirring often, until **peppers** soften, 5-6 min. Add **Mexican Seasoning** and **tomato sauce**. Cook, stirring often, until fragrant, 1 min. Season with **salt** and **pepper**.



Finish and serve

Divide **chili** between bowls. Sprinkle with **cheese** and dollop with **sour cream**. Serve with **garlic ciabatta**.

Dinner Solved!