



Game Day Beef Chilli

with Kidney Beans, Cheddar and Sour Cream

30 Minutes



Ground Beef



Garlic



Kidney Beans



Green Bell Pepper



Onion, chopped



Mexican Seasoning



Tomato Sauce Base



Crushed Tomatoes



Cheddar Cheese,
shredded



Sour Cream



Ciabatta Roll

HELLO BEEF CHILLI

This hearty beef chilli is filled with tons of pleasing flavours!

Start here

- Before starting, preheat your broiler to high.
- 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	9 g	18 g
Kidney Beans	370 ml	740 ml
Green Bell Pepper	200 g	400 g
Onion, chopped	56 g	113 g
Mexican Seasoning	2 tbsp	4 tbsp
Tomato Sauce Base	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	2	4

Oil*

Salt and Pepper*

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°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 mince or grate **garlic**. Stir together **1 tbsp oil** (dbl for 4 ppl) and **¼ tsp garlic** in a small bowl. (NOTE: Reference garlic guide.)



Simmer chilli

Add **beans, crushed tomatoes** and **¼ cup water** (dbl for 4 ppl) to the pot. Stir to combine, then bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, stirring occasionally, until **chilli** thickens slightly, 8-10 min. Season with **salt** and **pepper**.



Cook beef

Heat a large pot over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.** Carefully drain and discard excess fat.



Make garlic ciabatta

While **chilli** simmers, halve **rolls**. Arrange on a baking sheet, cut-side up, then brush with **garlic oil**. Broil in the **middle** of the oven, until lightly golden, 3-4 min. (TIP: Keep an eye on buns so they don'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 base**. Cook, stirring often, until fragrant, 1 min. Season with **salt** and **pepper**.



Finish and serve

Divide **chilli** between bowls. Sprinkle **cheese** and dollop **sour cream** over top. Serve **garlic ciabatta** alongside.

Dinner Solved!