



Hearty Beef and Black Bean Chili

with Mexican Spiced Butternut Squash

FAMILY 35 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!

- Ground Beef
- Butternut Squash, cubed
- Corn Kernels
- Yellow Onion
- Beef Broth Concentrate
- Tomato Sauce
- Greek Yogurt
- Diced Tomatoes
- Mexican Seasoning
- Garlic
- Green Onions
- Sweet Bell Pepper
- Cheddar Cheese, shredded
- Black Beans

HELLO BEEF CHILI

This comfort-in-a-bowl is brimming with hearty ingredients

START HERE

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust Out

Baking Sheet, Large Pot, Parchment Paper, Strainer, Measuring Cups, Measuring Spoons

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Butternut Squash, cubed	170 g	340 g
Corn Kernels	56 g	113 g
Yellow Onion	113 g	113 g
Beef Broth Concentrate	1	2
Tomato Sauce	2 tbsp	4 tbsp
Greek Yogurt	100 g	100 g
Diced Tomatoes	398 ml	796 ml
Mexican Seasoning	1 tbsp	2 tbsp
Garlic	3 g	6 g
Green Onions	2	2
Sweet Bell Pepper	160 g	160 g
Cheddar Cheese, shredded	¼ cup	½ cup
Black Beans	398 ml	398 ml
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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1. ROAST SQUASH

Toss **squash** with **1 tbsp oil** (dbl for 4 ppl) and **half the Mexican seasoning** on a parchment-lined baking sheet, Season with **salt** and **pepper**. Roast in the **middle** of the oven, stirring halfway through, until golden-brown and tender, 22-24 min.



4. FINISH CHILI

Stir in the **broth concentrates, beans, diced tomatoes** and **½ cup of water** (dbl for 4 ppl). Reduce heat to medium. Simmer, stirring occasionally, until **chili** is slightly thickened, 6-7 min. Season with **salt** and **pepper**.



2. PREP

Core, then cut **pepper** into ½-inch pieces. Drain and rinse **beans**. Peel, then cut the **onion** into ½-inch pieces. Peel, then mince or grate **garlic**.



5. CUT GREEN ONIONS

While the **chili** simmers, thinly slice the **green onions**.



3. START CHILI

Heat a large pot over medium-high heat. When hot, add **½ tbsp oil**, then the **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.** Season with **salt** and **pepper**. Add **onions, peppers** and **garlic** to the pot. Cook, stirring often, until **veggies** soften, 4-5 min. Add **remaining Mexican seasoning** and **tomato sauce**. Cook, stirring often, until fragrant, 1 min.



6. FINISH AND SERVE

Stir **corn** and **Mexican spiced squash** into **chili**, until warmed through, 1-2 min. Divide **chili** between bowls. Top with **cheddar cheese** and a dollop of **yogurt**. Sprinkle over the **green onions**.

Dinner Solved!