

Hearty Beef and Black Bean Chili

with Mexican Spiced Butternut Squash

FAMILY

35 Minutes









Ground Beef

Butternut Squash,







Corn Kernels

Yellow Onion







Beef Broth Concentrate

Tomato Sauce







Greek Yogurt



Diced Tomatoes







Mexican Seasoning





Green Onions

Sweet Bell Pepper



Cheddar Cheese,

Black Beans

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

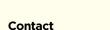
| 3 | | |
|--------------------------|----------|----------|
| | 2 Person | 4 Person |
| Ground Beef | 250 g | 500 g |
| Butternut Squash, cubed | 170 g | 340 g |
| Corn Kernels | 56 g | 113 g |
| Yellow Onion | 113 g | 113 g |
| Beef Broth Concentrate | 1 | 2 |
| Tomato Sauce | 2 tbsp | 4 tbsp |
| Greek 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 | 1/4 cup | ½ cup |
| Black Beans | 398 ml | 398 ml |
| Oil* | | |
| Salt and Pepper* | | |

^{*} Pantry items

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.



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**.



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.



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**.



5. CUT GREEN ONIONS

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



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!

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