



Hearty Beef and Black Bean Chili

with Mexican-Spiced Sweet Potato

Family Friendly

Optional Spice

30 Minutes



Ground Beef



Sweet Potato



Beef Broth Concentrate



Tomato Sauce Base



Sour Cream



Crushed Tomatoes



Mexican Seasoning



Black Beans



Cilantro



Chipotle Powder



Cheddar Cheese, shredded

HELLO CHIPOTLE POWDER

Smoked jalapeño peppers are dried, then ground into a spicy powder!

Start here

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

Heat Guide for Step 3 (dbl for 4 ppl):

- Mild: ½ tsp
- Medium: ¼ tsp
- Spicy: ½ tsp

Bust out

Baking sheet, vegetable peeler, measuring spoons, strainer, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Sweet Potato	340 g	680 g
Beef Broth Concentrate	1	2
Tomato Sauce Base	2 tbsp	4 tbsp
Sour Cream	3 tbsp	6 tbsp
Crushed Tomatoes	370 ml	740 ml
Mexican Seasoning	2 tbsp	4 tbsp
Black Beans	370 ml	740 ml
Cilantro	7 g	7 g
Chipotle Powder 🌶️	¼ tsp	½ tsp
Cheddar Cheese, shredded	¼ cup	½ cup
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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Roast sweet potatoes

- Peel, then cut **sweet potatoes** into ½-inch pieces.
- Add **sweet potatoes**, **half the Mexican Seasoning** and **½ tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 18-20 min.



Cook chili

- Add **broth concentrate**, **beans**, **crushed tomatoes** and **½ cup reserved bean liquid** (dbl for 4 ppl). (**TIP:** Use less liquid if you prefer a heartier chili!)
- Reduce heat to medium-low. Simmer, stirring occasionally, until **chili** thickens slightly, 6-9 min.
- Season with **salt** and **pepper**.



Prep

- Meanwhile, drain **beans**, reserving **liquid**, then rinse **beans**.
- Roughly chop **cilantro**.



Finish and serve

- Stir **Mexican-spiced sweet potatoes** into **chili**.
- Divide **chili** between bowls. Top with **cheese** and **cilantro**.
- Dollop **sour cream** over top.



Start chili

- Heat a large pot over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **beef**, **remaining Mexican Seasoning** and **¼ tsp chipotle powder**. (**NOTE:** Reference heat guide.) Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**
- Add **tomato sauce base**. Cook, stirring often, until **beef** is coated, 1 min. Season with **salt** and **pepper**.

Dinner Solved!