



# Hearty Beef and Black Bean Chili

with Mexican-Spiced Sweet Potatoes

25-35 Minutes



-  Ground Beef
-  Lean Ground Bison
-  Sweet Potato
-  Beef Broth Concentrate
-  Sour Cream
-  Crushed Tomatoes
-  Mexican Seasoning
-  Black Beans
-  Cilantro
-  Cheddar Cheese, shredded
-  Tex-Mex Paste

### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!

### HELLO MEXICAN SEASONING

Smoky, sweet and spicy combined for the perfect Tex-Mex flavour!

## Start here

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

## Bust out

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

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Lean Ground Bison	250 g	500 g
Sweet Potato	340 g	680 g
Beef Broth Concentrate	1	2
Sour Cream	3 tbsp	6 tbsp
Crushed Tomatoes	370 ml	796 ml
Mexican Seasoning	2 tbsp	4 tbsp
Black Beans	370 ml	740 ml
Cilantro	7 g	7 g
Cheddar Cheese, shredded	¼ cup	½ cup
Tex-Mex Paste	1 tbsp	2 tbsp
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

Call us | (855) 272-7002  
HelloFresh.ca

    @HelloFreshCA



## 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.



## Finish 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**, to taste.



## Prep

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



## Finish and serve

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

## Dinner Solved!



## 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 **Tex-Mex paste**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min. \*\*
- Season with **pepper**.

If you've opted to get **bison**, cook it in the same way the recipe instructs you to cook the **beef**.