



# One-Pot Mexican Beef

with Green Onions and Sour Cream

Carb Smart

30 Minutes



Ground Beef



Sweet Bell Pepper



Beef Broth Concentrate



Sour Cream



Green Onions



Crushed Tomato with Garlic and Onion



White Quinoa



Mexican Seasoning



Avocado

HELLO EASY!

*One-pot wonders are a joy to clean up after!*

## Start here

Before starting, wash and dry all produce.

## Bust Out

Measuring spoons, measuring cups, large pot

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Sweet Bell Pepper	160 g	340 g
Beef Broth Concentrate	1	2
Sour Cream	6 tbsp	12 tbsp
Green Onions	2	4
Crushed Tomato with Garlic and Onion	370 ml	740 ml
White Quinoa	½ cup	1 cup
Mexican Seasoning	2 tbsp	4 tbsp
Avocado	1	2
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.*

*Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.*

## Contact

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## 1 Prep

Core, then cut **pepper** into ½-inch pieces. Thinly slice the **green onions**.



## 2 Cook aromatics

Heat a large pot over medium heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then the **beef, peppers** and **Mexican seasoning**. Cook, breaking up **beef** into smaller pieces, until no pink remains and veggies are tender, 4-5 min. \*\* Season with **salt** and **pepper**.



## 3 Cook veggies

Add the **broth concentrate, crushed tomatoes, quinoa** and ½ **cup water** (dbl for 4 ppl) to the pot. Bring to a boil over high heat. Once boiling, reduce heat to medium-low. Cover and simmer, stirring once halfway through cooking, until **sauce** has slightly thickened and **quinoa** is cooked through, 19-22 min. Season with **salt** and **pepper**.



## 4 Prep avocado

While **quinoa** simmers, peel, pit, then cut the **avocado** into ¼-inch pieces.



## 5 Finish and serve

Divide **Mexican beef** between bowls. Top with the **avocado**. Dollop over the **sour cream**. Sprinkle with the **green onions**.

## Dinner Solved!