



One-Pot Southwest Beef and Cavatappi with Monterey Jack and Baby Spinach

Family Friendly 35 Minutes



Ground Beef



Sweet Bell Pepper



Yellow Onion



Baby Spinach



Garlic, cloves



Marinara Sauce



Enchilada Spice Blend



Monterey Jack Cheese, shredded



Cavatappi



Beef Broth Concentrate

HELLO SWEET BELL PEPPER

A sweet pepper is just a green pepper that has been left on the vine to ripen!

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	320 g
Yellow Onion	56 g	113 g
Baby Spinach	56 g	113 g
Garlic, cloves	1	2
Marinara Sauce	½ cup	1 cup
Enchilada Spice Blend	2 tbsp	4 tbsp
Monterey Jack Cheese, shredded	1 cup	2 cups
Cavatappi	170 g	340 g
Beef Broth Concentrate	1	2
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.

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1

Core, then cut **pepper** into ½-inch pieces. Peel, then cut **half the onion** into ½-inch pieces (whole onion for 4 ppl). Peel, then mince or grate **garlic**.



2

Heat a large pot over medium-high heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **peppers**. Cook, stirring occasionally, until tender-crisp, 3-4 min. Season with **salt** and **pepper**, then transfer **peppers** to a plate. Set aside.



3

Heat the same pot over medium-high. When hot, add **beef** and **onions**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min. ** Carefully drain and discard excess fat. Add **Enchilada Spice Blend** and **garlic**. Cook, stirring often, until fragrant, 1 min.



4

Add **marinara sauce**, **broth concentrate**, **2 ½ cups water** (4 ½ cups for 4 ppl) and **½ tsp salt** (dbl for 4 ppl). Stir to combine, then bring to boil. Once boiling, stir in **cavatappi** and reduce heat to medium. Simmer uncovered, stirring often to prevent sticking, until **cavatappi** is tender, 12-14 min.



5

Add **peppers**, **spinach** and **half the cheese** to the pot with **cavatappi**. Cook, stirring often, until **spinach** wilts, 1-2 min. Season with **salt** and **pepper**.



6

Divide **Southwest beef and cavatappi** between bowls. Sprinkle **remaining cheese** over top.

Dinner Solved!