



Smart Chipotle Pork Chili

with Poblano Peppers and Cheddar Cheese

Calorie Smart

Carb Smart

Spicy

35 Minutes



Ground Pork



Zucchini



Poblano Pepper



Sweet Bell Pepper



Cilantro



Crushed Tomatoes



Enchilada Spice Blend



Chipotle Powder



Sour Cream



Cheddar Cheese, shredded



Garlic, cloves

HELLO ZUCCHINI

This versatile squash also goes by the name courgette!

Start here

Before starting, 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

Measuring spoons, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Pork	250 g	500 g
Zucchini	200 g	400 g
Poblano Pepper 🌶️	160 g	320 g
Sweet Bell Pepper	160 g	320 g
Cilantro	7 g	7 g
Crushed Tomatoes	370 ml	796 ml
Enchilada Spice Blend	1 tbsp	2 tbsp
Chipotle Powder 🌶️	¼ tsp	½ tsp
Sour Cream	3 tbsp	6 tbsp
Cheddar Cheese, shredded	¼ cup	½ cup
Garlic, cloves	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.

Contact

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1 Prep

- Cut **zucchini** into ½-inch pieces.
- Core, then cut **bell pepper** into ½-inch pieces.
- Roughly chop **cilantro**.
- Peel, then mince or grate **garlic**.
- Core, then cut **poblano** into ½-inch pieces, removing seeds for less heat. (**TIP:** We suggest using gloves when prepping poblanos!)



4 Simmer chili

- Add **crushed tomatoes** and ½ cup **water** (dbl for 4 ppl) to the pot with **pork**. Stir to combine, then bring to a boil over high.
- Once boiling, reduce heat to medium. Simmer, stirring occasionally, until **chili** thickens slightly, 10-12 min. Season with **salt** and **pepper**. (**TIP:** If you have time, keep it simmering on the stove for longer. It gets better the longer it cooks!)



2 Cook veggies

- Heat a large pot over medium-high heat.
- When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **zucchini, bell peppers** and **poblanos**. Cook, stirring occasionally, until tender-crisp, 4-5 min. Season with **salt** and **pepper**.
- Remove the pot from heat, then transfer **veggies** to a plate.



5 Finish and serve

- When **chili** has thickened, add **veggies**. Cook, stirring often, until warmed through, 2-3 min. Season with **salt** and **pepper**, to taste.
- Divide **chili** between bowls.
- Dollop **sour cream** over top, then sprinkle with **cilantro** and **cheese**.



3 Cook pork

- Heat the same pot over medium.
- When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **pork**. Cook, breaking up **pork** into smaller pieces, until no pink remains, 4-5 min. **
- Carefully drain and discard excess fat.
- Add **Enchilada Spice Blend, garlic** and ¼ **tsp chipotle powder**. (**NOTE:** Reference heat guide.) Cook, stirring often, until fragrant, 1 min. Season with **salt** and **pepper**.

Dinner Solved!