



Smart Jalapeño Pork Chili

with Black Beans and Cheddar Cheese

Carb Smart

Calorie Smart

Spicy

35 Minutes



Ground Pork



Black Beans



Jalapeño



Sweet Bell Pepper



Cilantro



Crushed Tomatoes



Enchilada Spice Blend



Sour Cream



Cheddar Cheese, shredded

HELLO JALAPEÑO

This medium-sized chili pepper can vary in spiciness!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

Heat Guide for Step 2:

- Mild: ½ tbsp (1 tbsp)
- Medium: 1 tbsp (2 tbsp)
- Spicy: 2 tbsp (4 tbsp)

Bust out

Measuring spoons, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Pork	250 g	500 g
Black Beans	370 ml	740 ml
Jalapeño 🌶️	1	2
Sweet Bell Pepper	160 g	320 g
Cilantro	7 g	7 g
Crushed Tomatoes	370 ml	796 ml
Enchilada Spice Blend	2 tbsp	4 tbsp
Sour Cream	3 tbsp	6 tbsp
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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Prep

- Core, then cut **bell pepper** into ½-inch pieces.
- Roughly chop **cilantro**.
- Core, then finely chop **jalapeño**, removing seeds for less heat. (**TIP:** We suggest using gloves when prepping jalapenos!)



Simmer chili

- Add **crushed tomatoes, black beans with their liquid** and ½ cup (1 cup) **water** 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. (**TIP:** If you have time, keep it simmering on the stove for longer. It gets better the longer it cooks!)
- Season with **salt** and **pepper**, to taste.



Cook veggies

- Heat a large pot over medium-high heat.
- When hot, add **1 tsp** (2 tsp) **oil**, then **bell peppers** and **1 tbsp jalapeños**. (Reference heat guide.) Cook, stirring occasionally, until tender-crisp, 4-5 min.
- Season with **salt** and **pepper**.
- Remove from heat, then transfer **veggies** to a plate.



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**.
- Sprinkle **any remaining jalapeños** over top, if desired.

Dinner Solved!



Cook pork

- Heat the same pot over medium.
- When hot, add ½ **tsp** (1 **tsp**) **oil**, 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**, then stir to combine.