



Unstuffed Pepper Stew with Cheddar Cheese

Quick

25 Minutes



Ground Beef



Crushed Tomatoes



Beef Broth Concentrate



Soy Sauce



Italian Seasoning



Parboiled Rice



Cheddar Cheese, shredded



Sweet Bell Pepper



Parsley



Garlic, cloves



Yellow Onion

HELLO SOY SAUCE

The secret to adding oomph to a soup or sauce!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, medium pot, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Crushed Tomatoes	370 ml	740 ml
Beef Broth Concentrate	2	4
Soy Sauce	1 tbsp	2 tbsp
Italian Seasoning	1 tbsp	2 tbsp
Parboiled Rice	¾ cup	1 ½ cups
Cheddar Cheese, shredded	¼ cup	½ cup
Sweet Bell Pepper	160 g	320 g
Parsley	7 g	14 g
Garlic, cloves	1	2
Yellow Onion	113 g	226 g
Sugar*	½ tsp	1 tsp
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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Cook rice

Add **1 ¼ cups water** and **½ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



Prep

While **rice** cooks, core, then cut **pepper** into ¼-inch pieces. Peel, then cut **onion** into ¼-inch pieces. Peel, then mince or grate **garlic**. Roughly chop **parsley**.



Cook onions and beef

Heat a large pot over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring occasionally, until softened slightly, 2-3 min. Add **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min. ** Carefully drain and discard excess fat. Season with **salt** and **pepper**. Add **garlic**. Cook, stirring often, until fragrant, 30 sec.



Cook stew

Add **peppers, crushed tomatoes, soy sauce, broth concentrates, Italian Seasoning, half the parsley, 1 ¾ cups water** and **½ tsp sugar** (dbl both for 4 ppl) to the pot with **beef**. Season with **salt** and **pepper**. Bring to a simmer over high, scraping up any bits that stick to the bottom of the pot. Once simmering, reduce heat to medium. Cover and cook, stirring occasionally, until **peppers** are tender, 8-10 min.



Finish stew

Fluff **rice** with a fork, then add to **stew**. Season with **salt** and **pepper**, to taste, then stir to combine. (TIP: If stew is too thick, add ¼ cup water to loosen.)



Finish and serve

Divide **stew** between bowls. Sprinkle **cheese** and **remaining parsley** over top.

Dinner Solved!