



Veggie Chili

with Tortilla Chips

Veggie

Spicy

30 Minutes

+ Add



Beyond Meat®
2 | 4

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Kidney Beans
370 ml | 740 ml



Tortilla Chips
170 g | 340 g



Green Bell Pepper
1 | 2



Mirepoix
113 g | 227 g



Green Onion
2 | 4



Cheddar Cheese, shredded
½ cup | 1 cup



Crushed Tomatoes with Garlic and Onion
1 | 2



Sour Cream
6 tbsp | 12 tbsp



Vegetable Broth Concentrate
1 | 2



Mexican Seasoning
2 tbsp | 4 tbsp



Chipotle Powder
¼ tbsp | ¼ tbsp

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.

Pantry items | Oil, salt, pepper

Cooking utensils | Measuring spoons, strainer, measuring cups, large pot

1



Prep veggies

- Before starting, wash and dry all produce.
- **Heat Guide in Step 3:**
 - Mild: ½ tsp (¼ tsp)
 - Medium: ¼ tsp (½ tsp)
 - Spicy: ½ tsp (1 tsp)

+ Add | **Beyond Meat®**

- Core, then cut **pepper** into ¼-inch pieces.
- Thinly slice **green onions**.

2



Start cooking veggies

- Heat a large pot over medium heat.
- When the pot is hot, add **1 tbsp** (2 tbsp) **oil**, then **mirepoix** and **peppers**.
- Cook, stirring often, until **veggies** start to soften, 4-5 min. Season with **salt** and **pepper**.
- Meanwhile, drain and rinse **beans**.

3



Cook veggies and add spices

- Add **Mexican Seasoning** and **¼ tsp** (¼ tsp) **chipotle powder** to the pot with **veggies**. (NOTE: Reference heat guide.)
- Cook, stirring often, until fragrant, 1 min.

4



Cook chili

+ Add | **Beyond Meat®**

- Add **crushed tomatoes**, **beans**, **broth concentrate** and **¾ cup** (1 ½ cups) **water** to the pot. Bring to a boil over high.
- Once boiling, reduce heat to medium.
- Simmer, stirring occasionally, until **chili** thickens slightly, 12-15 min.
- Season with **pepper**, to taste.

5



Finish and serve

- Divide **veggie chili** between bowls.
- Dollop **sour cream** over top, then sprinkle with **cheese** and **green onions**.
- Serve **tortilla chips** alongside for dipping.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

1 | Prep veggies and cook Beyond Meat®

+ Add | **Beyond Meat®**

If you've opted to add **Beyond Meat®**, heat a large pot over medium-high heat. When hot, add **½ tbsp** (1 tbsp) **oil**, then **patties**. Cook, breaking up **patties** into bite-sized pieces, until crispy, 5-6 min.** Season with **salt** and **pepper**. Transfer to a plate. Reuse the same pot to cook **veggies** in step 2. Follow the rest of the recipe as instructed.

4 | Cook chili

+ Add | **Beyond Meat®**

Add **Beyond Meat®** to finished **chili**.



Issue with your meal? Scan the QR code to share your feedback.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.