

Veggie Chili

with Cheddar Cheese, Green Onions and Tortilla Chips

/EGGIE 30 Minutes



START HERE 🔽

Before starting, wash and dry all produce.

Heat Guide for Step 3:

• Mild: ½ tsp • Spicy: ½ tsp Medium: ¼ tsp
Extra-spicy: 1 tsp

Bust Out

Garlic Press, Strainer, Large Pot, Measuring Spoons, Measuring Cups

Ingredients

	2 Person	4 Person
Black Beans	370 ml	740 ml
Red Onion, chopped	56 g	113 g
Garlic	6 g	12 g
Green Bell Pepper	200 g	400 g
Carrot, chopped	113 g	227 g
Green Onions	2	4
Diced Tomatoes	398 ml	796 ml
Mexican Seasoning	2 tbsp	4 tbsp
Vegetable Broth Concentrate	1	2
Cheddar Cheese, shredded	½ cup	1 cup
Tortilla Chips	85 g	170 g
Greek Yogurt	100 g	200 g
Chipotle Powder 🥥	1 tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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

Share your photos #HelloFreshLife Call or email us | (855) 272-7002 hello@hellofresh.ca HelloFresh.ca



1. PREP VEGGIES

Core, then cut **pepper** into ¼-inch pieces. Drain and rinse **beans**. Thinly slice **green onions**. Peel, then mince or grate **garlic**.



2. COOK VEGGIES

Heat a large pot over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **red onions**, **carrots** and **peppers**. Cook, stirring often, until starting to soften, 4-5 min.



3. ADD SPICES

Add **garlic**, **Mexican seasoning** and ¹/₄ **tsp chipotle powder** to the pot with **veggies**. (**NOTE:** Reference Heat Guide in Start Strong.) Cook, stirring often, until fragrant, 1 min.



4. COOK CHILI

Add diced tomatoes, beans, broth

concentrate and **1 cup water** (dbl for 4 ppl) to the pot. Bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, stirring occasionally, until **chili** is slightly thickened, 12-15 min. Season with **salt** and **pepper**.



5. FINISH AND SERVE

Divide **veggie chili** between bowls. Dollop with **yogurt**. Sprinkle over **cheese** and **green onions**. Serve with **tortilla chips**, for dipping.

Dinner Solved!