



SEITAN AND BLACK BEAN CHILI

with Bell Pepper and Cheddar Cheese over Jasmine Rice



HELLO CHORIZO SEITAN

A wheat protein with spices and big, hearty flavor.

PREP: 15 MIN | **TOTAL: 35 MIN** | **CALORIES: 730**



Jasmine Rice



Red Bell Pepper



Scallions



Black Beans



Veggie Stock Concentrate



Garlic



Red Onion



Roma Tomato



Chorizo Seitan
(Contains: Wheat, Soy)



Cheddar Cheese
(Contains: Milk)

START STRONG

If you have time, let the chili simmer a few minutes longer. The flavors will develop even further and become incredibly rich and savory.

BUST OUT

- Small pot
- Strainer
- Large pan
- Olive oil (2 tsp | 4 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- | | |
|----------------------------|---------------------|
| • Jasmine Rice | ½ Cup 1 Cup |
| • Garlic | 2 Cloves 4 Cloves |
| • Red Bell Pepper | 1 2 |
| • Red Onion | 1 2 |
| • Scallions | 2 4 |
| • Roma Tomato | 1 2 |
| • Black Beans | 13.4 oz 13.4 oz |
| • Chorizo Seitan | 8 oz 16 oz |
| • Veggie Stock Concentrate | 1 2 |
| • Cheddar Cheese | ½ Cup 1 Cup |

HELLO WINE



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1 COOK RICE

Bring **1 cup water** to a boil in a small pot. Once boiling, add **rice**. Cover, lower heat, and reduce to a gentle simmer. Cook until tender, about 15 minutes. Keep covered off heat until rest of meal is ready.



4 COOK SEITAN

Stir **garlic, tomato, and seitan** into pan, breaking up seitan into small pieces. Cook, tossing, until tomato softens, 3-5 minutes.



2 PREP

Wash and dry all produce. Mince or grate **garlic**. Core and seed **bell pepper**, then finely dice. Halve, peel, and dice **onion**. Trim, then thinly slice **scallions**, keeping greens and whites separate. Core and dice **tomato**. Drain and rinse **black beans**.



5 SIMMER CHILI

Stir **black beans, stock concentrate, and 1 cup water** into pan. Bring to a simmer and let bubble until thickened, 5-7 minutes. Season with **salt and pepper**.



3 COOK VEGGIES

Heat a large drizzle of **olive oil** in a large pan over medium heat. Add **bell pepper, onion, and scallion whites**. Cook, tossing, until softened, 3-5 minutes.



6 PLATE AND SERVE

Divide **rice** between plates. Top with **chili**. Garnish with **scallion greens and cheddar** and serve.

SMOKIN'!

Break out the hot sauce if you like it feisty.

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