



# CHORIZO AND BEEF CHILI - DINNER

# CHILI BURRITO - LUNCH


















**COOK IT ONCE, EAT IT TWICE**

Tonight's dinner extras transform into tomorrow's lunch.

**DINNER | TOTAL: 35 MIN | CALORIES: 930**

**LUNCH | TOTAL: 5 MIN | CALORIES: 660**

**INGREDIENTS FOR: 2-person | 4-person**

- |  |   |   |  |   |  |   |  |
|--|---|---|--|---|--|---|--|
| <br>Yellow Onion<br>1   2             | <br>Green Bell Pepper<br>1   2                       | <br>Jalapeño<br>1   2            | <br>Jasmine Rice<br>¾ Cup   1½ Cups | <br>Enchilada Spice Blend<br>1 TBSP   2 TBSP           | <br>Crushed Tomatoes<br>13.76 oz   27.52 oz | <br>Cheddar Cheese<br>(Contains: Milk)<br>1 Cup   2 Cups | <br>Flour Tortillas<br>(Contains: Wheat)<br>2   2 |
| <br>Kidney Beans<br>13.4 oz   13.4 oz | <br>Dried Chorizo<br>(Contains: Milk)<br>3 oz   6 oz | <br>Ground Beef<br>10 oz   20 oz | <br>Beef Stock Concentrate<br>1   2 | <br>Sour Cream<br>(Contains: Milk)<br>6 TBSP   10 TBSP | <br>Cilantro<br>¼ oz   ½ oz                 | <br>Roma Tomato<br>1   1                                 |  |



**BUST OUT** • Small pot • Strainer • Large pan • 2 Reusable containers • Vegetable oil (2 tsp | 4 tsp)



## DINNER



### 1 PREP

Wash and dry all produce. Place **1¼ cups water** and a pinch of **salt** in a small pot and bring to a boil. Meanwhile, halve, peel, and finely dice **onion**. Drain and rinse **beans**. Core and seed **bell pepper**, then cut into ½-inch squares. Slice **jalapeño** into thin rounds, removing ribs and seeds for less heat. Finely dice **chorizo**.



### 2 COOK RICE

Once water is boiling, add **rice** to pot. Lower heat, reduce to a gentle simmer, and cover. Let cook for 10 minutes, then remove from heat and let steam, covered, until rest of meal is ready.



### 3 COOK BEEF

Meanwhile, heat a drizzle of **oil** in a large pan over medium-high heat. Add **beef** and **1½ tsp enchilada spice** (save the rest of the spice for the next step). Cook, breaking up meat into small pieces, until browned and cooked through, about 6 minutes. Season with **salt** and **pepper**, then remove beef from pan.



### 4 COOK VEGGIES

Add a drizzle of **oil** to same pan. Add **onion, bell pepper, chorizo**, and remaining **enchilada spice**. Cook, tossing, until onion and pepper are softened, about 4 minutes. Stir in **stock concentrate, beans, crushed tomatoes**, and **½ cup water**. Bring to a boil, then lower heat to a simmer. Stir in **beef**. Simmer until slightly thickened, 5-10 minutes. Season with **salt** and **pepper**.



### 5 SERVE CHILI

If **chili** is too thick, add a splash more water. Fluff **rice** with a fork and season with **salt** and **pepper**. Measure out 2 cups rice and divide between bowls. Set aside a quarter of chili for lunch, then add rest to bowls. Top with **2 TBSP sour cream** and **¼ cup cheddar**. Garnish with as much **jalapeño** as you like. Tear half the **cilantro leaves** from stems and sprinkle over top. Serve.

## LUNCH



### 6 MAKE LUNCH FOR TWO

When you're ready to pack your lunch, slice **tomato** into thin rounds. Spread **tortillas** with remaining **sour cream** and sprinkle with remaining **cheddar**. Divide tomato, reserved **chili**, any remaining **jalapeño**, remaining **rice**, and remaining **cilantro** between tortillas. Roll into burritos and place in reusable containers. Keep refrigerated. Reheat in microwave before enjoying.

WK 46 NJ-12