



More than Food

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## Smoky Turkey and White Bean Chili

with Rosemary, Oregano, and Sour Cream

Though it may seem unusual, rosemary is a common addition to authentic Mexican chilies. Its warm, woody aroma makes this dish even more comforting than it already is. A few tablespoons of cornmeal makes this wintry white dish deliciously thick and creamy.



40 min



level 1



nut free



gluten free



Ground Turkey



Cannellini Beans



Rosemary



Oregano



Cornmeal



Chicken Stock Concentrates



Yellow Onion



Garlic



Cumin



Cayenne




Smoked Paprika



Sour Cream

## Ingredients

	2 People	4 People
Ground Turkey	8 oz	16 oz
Cannellini Beans	1 box	2 boxes
Rosemary	¼ oz	½ oz
Oregano	¼ oz	½ oz
Cornmeal	3 T	6 T
Chicken Stock Concentrates	2	4
Yellow Onion	1	2
Garlic	2 cloves	4 cloves
Cumin	1 t	2 t
Cayenne 	1 t	2 t
Smoked Paprika	1 t	2 t
Sour Cream	1) 2 T	4 T
Olive Oil*	1 T	2 T

\*Not Included

## Allergens

1) Milk

## Tools

Large Pot, Strainer

Ruler

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**Nutrition per person** Calories: 559 cal | Carbs: 53 g | Fat: 21 g | Protein: 36 g | Fiber: 14 g | Sodium: 630 mg

*Make sure to wash and dry produce before prepping or cooking!*



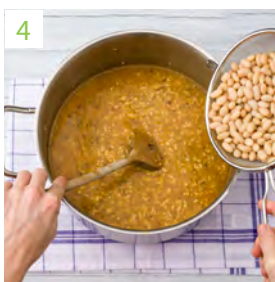
**1 Prep the ingredients:** Halve, peel, and dice the **onion**. Strip the **oregano** and **rosemary** off the stems and finely chop the leaves. Mince or grate the **garlic**. Drain and rinse the **cannellini beans**.



**2 Start the chili:** Heat **1 Tablespoon olive oil** in a large pot over medium heat. Add the **onion** to the pot and cook, tossing, for 5-6 minutes, until very soft. Add the **garlic**, **oregano**, and **rosemary** to the pot and cook for 30 seconds, until fragrant. Season with **salt** and **pepper**.



**3** Add the **ground turkey** to the pot and cook, breaking up the meat into pieces, until browned and cooked through. Add the **cumin**, **smoked paprika**, and a pinch of **cayenne** (to taste, we used ¼ teaspoon) to the pot and cook for 30 seconds, until fragrant. Season with **salt** and **pepper**.



**4 Finish the chili:** Add **3 cups water** and the **stock concentrates** to the pot and stir to combine. Bring to a boil, then stir in **3 Tablespoons cornmeal** (be sure to measure, we sent more) and the **cannellini beans**. Reduce the heat and simmer for 12-15 minutes, until very thick. Taste and season with **salt** and **pepper**, if necessary.

**5** Divide the **chili** between bowls, then finish with a dollop of **sour cream**. Enjoy!