



More than Food

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Smoky Beef & Poblano Chili

with Kidney Beans, Cheddar, and Sour Cream

Take a quick trip to New Mexico with this dish! Smoky poblano chilies are simmered with ground beef, tomatoes, kidney beans, chili powder, and cumin. We've finished it off with a dollop of sour cream and a sprinkle of cheddar cheese to cool things off.



30 min



level 1



gluten free



nut free



Ground Beef



Poblano Pepper



Garlic



Chili Powder



Cumin



Beef Stock Concentrate



Crushed Tomatoes



Kidney Beans



Cheddar Cheese



Sour Cream



Scallions



Yellow Onion

Ingredients	2 People	4 People
Ground Beef	10 oz	20 oz
Poblano Pepper	1	2
Garlic	2 cloves	4 cloves
Chili Powder	1 t	2 t
Cumin	1 t	2 t
Beef Stock Concentrate	1	2
Crushed Tomatoes	1 box	2 boxes
Kidney Beans	1 box	2 boxes
Cheddar Cheese	1)	4 oz
Sour Cream	1)	4 oz
Scallions	2	4
Yellow Onion	1	2
Olive Oil*	1 t	2 t

*Not Included

Allergens

1) Milk

Tools

Large Pan, Strainer

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 762 cal | Fat: 32 g | Sat. Fat: 14 g | Protein: 55 g | Carbs: 57 g | Sugar: 12 g | Sodium: 1321 mg | Fiber: 18 g

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



1 Prep the ingredients: Chop the **scallions**, keeping the whites and greens separate. Mince the **garlic**. Drain and rinse the **beans**. Core, seed, and remove the white veins from the **poblano**, then dice into ½-inch cubes. Halve, peel, and dice the **onion**.



2 Brown the beef: Heat a drizzle of **oil** in a large pan over medium-high heat. Add the **ground beef** and cook, breaking up the pieces, for about 5-6 minutes, or until golden brown and no longer pink. Season with **salt** and **pepper** and set aside.



3 Cook the vegetables: Add the **onion**, **scallion whites**, **poblano**, and **garlic** to the pan. Cook, tossing, for about 6 minutes, or until slightly softened. Add **chili powder** and **cumin** and cook, stirring, for 30 seconds. Season with **salt** and **pepper**.



4 Simmer the chili: Add the **stock concentrate**, **beans**, **crushed tomatoes**, and **1 cup water** to the pan. Bring to a boil, then reduce to a simmer and cook for about 10 minutes, or until thickened. Season with **salt** and **pepper**.

TIP: If you have time, keep it simmering on the stove for longer! It gets better the longer it cooks!

5 Plate: Serve the **chili** divided between bowls with a sprinkle of **cheddar cheese**, the **scallion greens**, and a dollop of **sour cream**!