



hellofresh.com | hello@hellofresh.com

MAR Share your masterpiece! Tag your photos with #HelloFreshPics and share on [f](#) [t](#) [i](#)  
2016 You'll be entered into our weekly photo contest!

## Chipotle Seitan Chili

with Bell Pepper, Cheddar, and Jasmine Rice

Seitan, a wheat-based Japanese protein, lends heartiness to this classic chili. A touch of smoky chipotle gives this dish an extra kick. Finished with gooey cheddar, this is vegetarian comfort food at its finest.



30 min



level 1



veggie



nut free



Chipotle Seitan Crumbles



Green Bell Pepper



Jasmine Rice



Red Onion



Black Beans



Roma Tomato



Scallions



Garlic



Cheddar



Vegetable Stock Concentrate

## Ingredients

|                             | 2 People | 4 People |
|-----------------------------|----------|----------|
| Chipotle Seitan Crumbles    | 8 oz     | 16 oz    |
| Green Bell Pepper           | 1        | 2        |
| Jasmine Rice                | ½ c      | 1 c      |
| Red Onion                   | 1        | 2        |
| Black Beans                 | 1 box    | 2 boxes  |
| Roma Tomato                 | 1        | 2        |
| Scallions                   | 2        | 4        |
| Garlic                      | 2 cloves | 4 cloves |
| Shredded Cheddar            | ½ c      | 1 c      |
| Vegetable Stock Concentrate | 1        | 2        |
| Oil*                        | 2 T      | 4 T      |

\*Not Included

## Allergens

1) Wheat

2) Milk

3) Soy

## Tools

Small Pot, Strainer,  
Large Pan, Large Bowl

Ruler

0 in ¼ in ½ in ¾ in 1 in

**Nutrition per person** Calories: 832 cal | Fat: 26 g | Sat. Fat: 7 g | Protein: 55 g | Carbs: 85 g | Sugar: 9 g | Sodium: 975 mg | Fiber: 23 g

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



**2 Cook the rice:** In a small pot, bring **1 cup salted water** to a boil. Once boiling, add the **rice**, cover, and simmer for 15-20 minutes, until tender. Remove from the heat and keep covered until the rest of the meal is ready.

**2 Prep the remaining ingredients:** Mince or grate the **garlic**. Halve, seed, and remove the white ribs from the **bell pepper**, then finely dice. Halve, peel, and dice the **red onion**. Thinly slice the **scallions**, keeping the **whites** and the **greens** separate. Core and dice the **tomato**. Drain and rinse the **beans**.



**3 Sauté the vegetables:** Heat **2 Tablespoons oil** in a large pan over medium heat. Add the **pepper, onion, and scallion whites** and cook, tossing for 3-5 minutes, until softened. Add the **garlic, tomatoes, and seitan** to the pan, and cook for 3-5 minutes, breaking up the seitan into small pieces.



**4 Simmer the chili:** Add the **beans** to the pot along with the **stock concentrate** and **1 cup water**. Simmer for 5-7 minutes, until thickened. Season with **salt** and **pepper**. **TIP:** If you have time, let the chili simmer longer. The flavors will get even better!



**5 Finish and plate:** Serve the **chipotle seitan chili** on a bed of **jasmine rice** and garnish with the reserved **scallion greens** and **cheddar cheese**.