



# Hearty Beef and Black Bean Chili

with Mexican-Spiced Butternut Squash

Spicy

35 Minutes



Ground Beef



Butternut Squash, cubes



Poblano Pepper, chopped



Onion, chopped



Beef Broth Concentrate



Tomato Sauce Base



Sour Cream



Crushed Tomatoes



Mexican Seasoning



Garlic Puree



Cheddar Cheese, shredded



Black Beans



Ciabatta Roll

## HELLO BEEF CHILLI

*This comfort-in-a-bowl is brimming with hearty ingredients!*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust out

2 Baking sheets, measuring spoons, strainer, parchment paper, measuring cups, large pot, small bowl, silicone brush

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Butternut Squash, cubes	170 g	340 g
Poblano Pepper, chopped	113 g	226 g
Onion, chopped	56 g	113 g
Beef Broth Concentrate	1	2
Tomato Sauce Base	2 tbsp	4 tbsp
Sour Cream	3 tbsp	6 tbsp
Crushed Tomatoes	370 ml	740 ml
Mexican Seasoning	1 tbsp	2 tbsp
Garlic Puree	1 tbsp	2 tbsp
Cheddar Cheese, shredded	¼ cup	½ cup
Black Beans	370 ml	740 ml
Ciabatta Roll	1	2
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F.

## Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

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## Roast squash

Add **squash**, **half the Mexican Seasoning** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **middle** of the oven, stirring halfway through, until golden-brown and tender, 22-24 min.



## Cook chilli

Add **broth concentrate**, **beans**, **crushed tomatoes** and **½ cup water** (dbl for 4 ppl). Reduce heat to medium. Simmer, stirring occasionally, until **chilli** thickens slightly, 6-7 min. Season with **salt** and **pepper**.



## Prep

Halve **ciabatta**. Drain and rinse **beans**.



## Make garlic bread

While **chilli** simmers, stir together **1 tbsp oil** (dbl for 4 ppl) and **remaining garlic puree** in a small bowl. Arrange **ciabatta halves** on another baking sheet, cut-side up. Brush with **garlic oil**, then season with **salt** and **pepper**. Bake in the **top** of the oven until lightly golden, 3-4 min. (**NOTE**: Keep an eye on them so they don't burn!)



## Start chilli

Heat a large pot over medium-high heat. When hot, add **½ tbsp oil**, then **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min. **\*\*** Season with **salt** and **pepper**. Add **onions**, **poblanos** and **half the garlic puree** to the pot. Cook, stirring often, until **veggies** soften, 4-5 min. Add **remaining Mexican Seasoning** and **tomato sauce base**. Cook, stirring often, until fragrant, 1 min.



## Finish and serve

Stir **squash** into **chilli**. Divide **chilli** between bowls. Top with **cheese** and **sour cream**. Serve **garlic bread** on the side, for dipping.

## Dinner Solved!