



# CHIPOTLE SEITAN CHILI

with Black Beans and Bell Pepper

PREP: 15 MIN  
TOTAL: 35 MIN

LEVEL 1

VEGGIE

NUT FREE



## HELLO

### CHIPOTLE SEITAN

A hearty protein with smoky, sultry vibes

#### INGREDIENTS:

- Jasmine Rice
- Garlic
- Red Bell Pepper
- Red Onion
- Scallions
- Roma Tomato
- Black Beans
- Chipotle Seitan (Contains: Wheat, Soy)
- Veggie Stock Concentrate
- Cheddar Cheese (Contains: Milk)

#### FOR 2 PEOPLE:

- ½ Cup
- 2 Cloves
- 1
- 1
- 2
- 1
- 1 Box
- 8 oz
- 1
- ¼ Cup

#### FOR 4 PEOPLE:

- 1 Cup
- 4 Cloves
- 2
- 2
- 4
- 2
- 1 Box
- 16 oz
- 2
- ½ Cup

#### NUTRITION PER SERVING

696 cal | Fat: 13 g | Sat. Fat: 3 g | Protein: 52 g | Carbs: 83 g | Sugar: 10 g | Sodium: 889 mg | Fiber: 23 g

## START STRONG

**If you have time, let the chili simmer a few minutes longer.**

The flavors will develop even further and become incredibly rich and savory.



## BUST OUT

- Small pot
- Large pan
- Strainer
- Olive Oil (2 tsp | 4 tsp)



### 1 COOK RICE

Bring **1 cup water** to a boil in a small pot. Once boiling, add **rice**, cover, and reduce to a simmer. Cook until tender, 15-20 minutes. Keep covered.

### 2 PREP

**Wash and dry all produce.**

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

### 3 COOK VEGGIES

Heat a large drizzle of **olive oil** in a large pan over medium heat. Add **pepper, onion, and scallion whites** and cook until softened, 3-5 minutes, tossing occasionally.



### 4 COOK SEITAN

Stir in **garlic, tomato, and seitan**. Break seitan into small pieces with spatula or wooden spoon. Cook until slightly reduced, 3-5 minutes.

### 5 SIMMER CHILI

Stir in **black beans, stock concentrate, and 1 cup water**. Simmer until thickened, 5-7 minutes. Season with **salt and pepper**.

### 6 PLATE AND SERVE

Divide **rice** between plates. Top with **chili**. Garnish with **scallion greens** and **¼ cup Cheddar cheese** (we sent more).

## SMOKIN'!

Break out the hot sauce for this one.