



# SMOKY BEEF CHILI

with Kidney Beans, Cheddar and Sour Cream

FAMILY



## HELLO BEEF CHILI

This hearty beef chili is filled with tons of tummy-pleasing flavours

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 735



Ground Beef



Garlic



Kidney Beans



Green Bell Pepper



Onion, chopped



Mexican Seasoning



Beef Broth Concentrate



Tomato Paste



Diced Tomatoes



Cheddar Cheese, shredded



Sour Cream



Ciabatta Bun



## BUST OUT

- Baking Sheet
- Silicone Brush
- Garlic Press
- Small Bowl
- Large Pot
- Strainer
- Measuring Cups
- Salt and Pepper
- Measuring Spoons
- Olive or Canola oil

## INGREDIENTS

4-person

- Ground Beef 500 g
- Garlic 20 g
- Kidney Beans 1 can
- Green Bell Pepper 400 g
- Onion, chopped 113 g
- Mexican Seasoning 9 1 tbsp
- Beef Broth Concentrate 2
- Tomato Paste 2 tbsp
- Diced Tomatoes 1 can
- Cheddar Cheese, shredded 2 1 cup
- Sour Cream 2 6 tbsp
- Ciabatta Bun 1 2

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 71°C/160°F.



## START STRONG

Preheat your broiler to **low** (to toast the ciabatta buns).



**1 PREP** Wash and dry all produce.\* Mince or grate the **garlic**. Drain and rinse the **beans**. Core, then cut the **bell peppers** into ½-inch pieces.



**4 SIMMER CHILI** Add the **broth concentrates, beans, diced tomatoes** and **1 cup water** to the pot. Bring to a boil, then reduce the heat to medium. Simmer until the **chili** is slightly thickened, 8-10 min. Season with **salt and pepper**.



**2 COOK BEEF** Heat a large pot (or a very large pan) over medium-high heat. When the pot is hot, add **1 tbsp oil**, then the **ground beef**. Cook, breaking up the **beef** into smaller pieces, until no pink remains, 4-5 min. (**TIP:** Cook to a minimum internal temp. of 71°C/160°F.\*\*)



**5 MAKE GARLIC CIABATTA** Meanwhile, in a small bowl, stir the **remaining garlic** with **2 tbsp oil**. Season with **salt and pepper**. Cut each **ciabatta bun** in half and brush the cut-side with the **garlic oil**. Arrange on a baking sheet cut-side up. Toast in the middle of the oven until lightly golden, 3-4 min. (**TIP:** Keep an eye on your ciabatta so that it does not burn!)



**3 COOK VEGGIES** Add the **onion, peppers** and **half the garlic** to the pot. Cook, stirring often, until the **peppers** soften, 5-6 min. Add the **Mexican seasoning** and **tomato paste**. Cook, stirring, until fragrant, 1-min. Season with **salt and pepper**.



**6 FINISH AND SERVE** Divide the **chili** between bowls. Sprinkle over the **cheese** and dollop with the **sour cream**. Serve with the **garlic ciabatta**.

## SUCCESS!

This easy-to-make chili is sure to be a new family favourite!