



GAME-DAY BLACK BEAN CHILI

with Avocado Garnish



HELLO CHILI SPICES

Chili powder and cumin are a dynamic duo of seasonings

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 501



Yellow Onion



Red Bell Pepper



Jack's Black Beans



Cumin



Sour Cream
(Contains: Milk)



Cilantro



Garlic



Oregano



Scallions



Diced Tomatoes



Chili Powder



Avocado

START STRONG

If you aren't in a rush, let the chili simmer longer—it'll just get better! The extra time spent on the stove top will intensify and further develop all those soulful chili spices and flavors.

BUST OUT

- Strainer
- Medium pot
- Olive oil (1 tsp | 2 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- Yellow Onion 1 | 2
- Red Bell Pepper 1 | 2
- Oregano ¼ oz | ¼ oz
- Garlic 2 Cloves | 4 Cloves
- Scallions 2 | 4
- Jack's Black Beans 1 Box | 2 Boxes
- Cumin 1 tsp | 2 tsp
- Chili Powder 1 tsp | 2 tsp
- Diced Tomatoes 1 Can | 2 Cans
- Avocado 1 | 2
- Cilantro ¼ oz | ¼ oz
- Sour Cream 2 TBSP | 4 TBSP

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1 PREP Wash and dry all produce. Halve, peel, and chop **onion**. Core, seed, and remove white ribs from **bell pepper**. Cut into ½-inch squares. Pick leaves from **oregano** and discard stems. Finely chop leaves until you have 1 TBSP. Mince or grate **garlic**. Thinly slice **scallions**, keeping greens and whites separate. Drain and rinse **Jack's black beans**.



4 SIMMER CHILI Add **Jack's black beans** and **diced tomatoes**. Season with **salt** and **pepper**. Bring to a boil, then reduce heat and let simmer until thickened, about 15 minutes. Season with **salt** and **pepper**.



2 SWEAT VEGGIES Heat a large drizzle of **olive oil** in a medium pot over medium heat. Add **onion**, **scallion whites**, and **bell pepper** and cook until lightly browned and softened, 5-6 minutes, tossing.



5 PREP GARNISHES Halve, pit, and thinly slice **avocado**. Pick **cilantro leaves** from stems. Discard stems.



3 ADD AROMATICS Add **garlic**, **oregano**, **cumin**, and **chili powder**. Toss until fragrant, about 30 seconds.



6 PLATE AND SERVE Divide **chili** between bowls. Dollop with **sour cream** and garnish with **scallion greens** and **cilantro**. Lay a few slices of **avocado** on top.

TOUCHDOWN!

This super (chili) bowl will satisfy your whole team.