



FEB
2017

Southwestern Chicken Sausage Chili

with Black Beans and Sour Cream

Southwestern chicken sausage adds major flavour to this chili, yet keeps it lighter than the original. A fragrant mix of smoky cumin, chili powder and herbaceous oregano packs even more flavour into this winter warmer. Don't forget the dollop of sour cream on top!



Chicken Sausage



Red Onion



Green Bell Pepper



Green Onions



Southwestern Spice Blend



Black Beans



Diced Tomatoes



Chicken Broth Concentrate



Ciabatta




Sour Cream



Chili Flakes

Ingredients

	2 People	4 People
Chicken Sausage	1 pkg (250 g)	2 pkg (500 g)
Red Onion, chopped	1 pkg (56 g)	2 pkg (113 g)
Green Bell Pepper	1	2
Green Onions	2	4
Southwestern Spice Blend	1 pkg (4 tsp)	2 pkg (8 tsp)
Chili Flakes 	1 pkg (1 tsp)	2 pkg (2 tsp)
Black Beans	1 box	2 boxes
Diced Tomatoes	1 can	2 cans
Chicken Broth Concentrate	1 pkg	2 pkg
Ciabatta 1)	1	2
Sour Cream 2)	1 pkg (3 tbsp)	2 pkg (6 tbsp)
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Milk/Lait

Tools

Strainer, Large Pot, Measuring Cups, Baking Sheet

Ruler

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Nutrition per person Calories: 710 cal | Fat: 37 g | Protein: 37 g | Carbs: 50 g | Fibre: 13 g | Sodium: 1746 mg

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



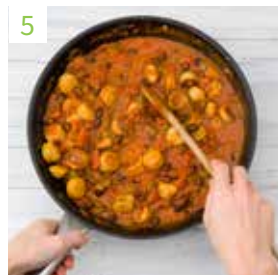
1 Preheat the oven to 400°F (to toast the ciabatta.) Start prepping when the oven comes up to temperature!

2 Prep: Wash and dry all produce. Core, then cut the **green peppers** into 1/2-inch pieces. Thinly slice the **green onions**. Drain and rinse the **beans**.



3 Cook the sausage: Heat a large pot (or very large pan) over medium-high heat. Add a drizzle of **oil**, then the **chicken sausage**. Cook, turning occasionally, until browned, 4-5 min. Set aside on a cutting board, then slice into 1/2-inch rounds. (It's okay if the sausage isn't cooked through completely.)

4 Cook the vegetables: Add another drizzle of **oil** in the same pot. Add the **red onions, peppers**, and **half the green onions**. Cook, stirring, until softened, 4-5 min. Add the **spice blend** to the pot and cook until fragrant, 1-2 min.



5 Add the diced tomatoes, black beans, broth concentrate(s) and 1 cup water (double for 4 people) to the pot. Bring to a boil, then reduce heat to medium-low. Simmer for 8-10 min. Stir the **chicken sausage** into the pot. Cook until sausage is cooked through, 2-3 min. Season with **salt, pepper** and as much **chili flakes** as you like.

6 Bake the ciabatta: Meanwhile, place the **ciabatta** on a baking sheet. Bake in the centre of the oven until cooked through, 4-5 min.

7 Finish and serve: Cut the **ciabatta** in half. Divide the **chili** between bowls, dollop with **sour cream** and sprinkle **remaining green onions**. Serve with the **ciabatta** for dipping. Enjoy!

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