



Hello
FRESH



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Smoky Beef and Poblano Chili

with Kidney Beans, Cheddar Cheese, and Sour Cream

Take a quick trip to New Mexico by simmering smoky poblanos with ground beef, tomatoes, kidney beans, chili powder, and cumin. With a dollop of sour cream and a sprinkle of cheddar cheese to cool things off, this dish is as creamy as it is hearty.



Prep: 10 min
Total: 30 min



level 1



nut
free



gluten
free



Scallions



Poblano
Pepper



Kidney
Beans



Ground
Beef



Chili
Powder



Cumin



Beef Stock
Concentrate



Cheddar
Cheese



Sour
Cream



Crushed
Tomatoes

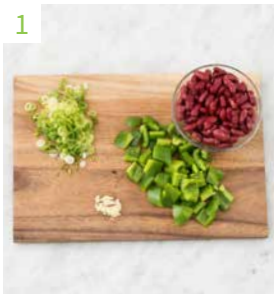


Garlic

| Ingredients | 2 People | 4 People | *Not Included |
|--|----------|----------|---------------------|
| Scallions | 2 | 4 | Allergens |
| Garlic | 1 Clove | 2 Cloves | 1) Milk |
| Poblano Pepper | 1 | 2 | |
| Kidney Beans | 1 Box | 2 Boxes | |
| Ground Beef | 8 oz | 16 oz | |
| Chili Powder  | 1 t | 2 t | |
| Cumin | 1 t | 2 t | |
| Beef Stock Concentrate | 1 | 2 | |
| Crushed Tomatoes | 1 Box | 2 Boxes | |
| Cheddar Cheese 1) | ½ Cup | 1 Cup | Tools |
| Sour Cream 1) | 2 T | 4 T | Strainer, Large pan |
| Olive Oil* | 1 t | 2 t | |

Nutrition 2 person Calories: 637 cal | Fat: 26 g | Sat. Fat: 11 g | Protein: 46 g | Carbs: 50 g | Sugar: 8 g | Sodium: 1243 mg | Fiber: 17 g

Nutrition 4 person Calories: 628 cal | Fat: 26 g | Sat. Fat: 11 g | Protein: 46 g | Carbs: 49 g | Sugar: 8 g | Sodium: 1040 mg | Fiber: 17 g



1 Prep: Wash and dry all produce. Thinly slice **scallions**. Mince **garlic**. Drain and rinse **beans**. Core, seed, and dice **poblano pepper** into ½-inch cubes.



2 Brown the beef: Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add **ground beef**. Break up into pieces, and cook until browned, 4-5 minutes. Season with **salt** and **pepper**. Remove from pan and set aside.



3 Cook the veggies: Add **poblano peppers**, **scallions**, and **garlic** to the same pan. Toss until softened, 4-5 minutes. Add **chili powder** and **cumin**. Toss until fragrant, about 30 seconds. Season with **salt** and **pepper**.



4 Simmer the chili: Add **stock concentrate**, **beans**, **tomatoes**, **ground beef**, and **1 cup water**. Bring to a boil, then reduce to a simmer until thickened, about 10 minutes. Season to taste with **salt** and **pepper**. **TIP:** If you have time, simmer longer. The flavor gets better with time!

5 Serve: Divide the **smoky beef and poblano chili** between bowls. Top with **cheddar cheese** and a dollop of **sour cream**. Enjoy!

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