



PORK CHILI RICE BOWLS

with Kidney Beans, Poblano Pepper, and Zucchini



HELLO

ENCHILADA SPICE

Chili powder, cumin, and oregano team up to bring warming flavors

PREP: 10 MIN | TOTAL: 50 MIN | CALORIES: 680



Scallions



Poblano Pepper



Brown Rice



Enchilada Spice Blend



Chicken Stock Concentrate



Sour Cream
(Contains: Milk)



Zucchini



Kidney Beans



Ground Pork



Diced Tomatoes



Cheddar Cheese
(Contains: Milk)

START STRONG

Make sure to give the beans a rinse under running water in a strainer or colander—the liquid they're packed in has extra starches that you don't want.

BUST OUT

- Medium pot
- Strainer
- Large pot
- Olive oil (2 tsp)

INGREDIENTS

Ingredient 4-person

- Scallions 2
- Zucchini 1
- Poblano Pepper 1
- Kidney Beans 1 Box
- Brown Rice 1 Cup
- Ground Pork 16 oz
- Enchilada Spice Blend  1½ TBSP
- Diced Tomatoes 1 Can
- Chicken Stock Concentrate 1
- Cheddar Cheese ½ Cup
- Sour Cream 4 TBSP

HELLO WINE

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1 PREP

Wash and dry all produce. Bring a medium pot of **salted water** to a boil. Trim, then thinly slice **scallions**, keeping greens and whites separate. Chop **zucchini** into bite-sized pieces. Core and remove seeds from **poblano pepper**, then cut into small squares. Drain and rinse **kidney beans**.



4 COOK PORK

Add **pork** and **enchilada spice blend** to pot. Season with **salt** and **pepper**. Break up meat into pieces with a spatula or wooden spoon. Cook, stirring occasionally, until pork is no longer pink, 2-3 minutes.



2 COOK RICE

Once water is boiling, add **brown rice** to pot. Cover, lower heat, and reduce to a simmer. Cook until tender, about 45 minutes. Drain.



5 SIMMER CHILI

Add **diced tomatoes**, **chicken stock concentrate**, **kidney beans**, and **½ cup water** to pot. Bring to a boil, then lower heat and reduce to a simmer. Let bubble until reduced to a thick and saucy consistency, 7-8 minutes.



3 COOK VEGGIES

Meanwhile, heat a large drizzle of **olive oil** in a large pot over medium-high heat. Add **zucchini**, **poblano**, and **scallion whites**. Cook, tossing, until softened and starting to brown, 3-4 minutes. Season with **salt** and **pepper**.



6 PLATE AND SERVE

Divide **rice** between bowls. Top each with **chili**. Sprinkle with **cheddar cheese** and **scallion greens**. Dollop with **sour cream** and serve. 

BOWLED AWAY!

The zucchini really gives a veggie boost to this chili.

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