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Chipotle Seitan Chili

with Bell Pepper, Cheddar, and Jasmine Rice

Seitan, a wheat-based Japanese protein, lends heartiness to this classic chili. A touch of smoky chipotle gives this dish an extra kick. Finished with gooey cheddar, this is vegetarian comfort food at its finest.



30 min



level 1



veggie



nut free



Chipotle Seitan Crumbles



Green Bell Pepper



Jasmine Rice



Red Onion



Black Beans



Roma Tomato



Scallions



Garlic



Cheddar



Vegetable Stock Concentrate

Ingredients

	2 People	4 People
Chipotle Seitan Crumbles	8 oz	16 oz
Green Bell Pepper	1	2
Jasmine Rice	½ c	1 c
Red Onion	1	2
Black Beans	1 box	2 boxes
Roma Tomato	1	2
Scallions	2	4
Garlic	2 cloves	4 cloves
Shredded Cheddar	½ c	1 c
Vegetable Stock Concentrate	1	2
Oil*	2 T	4 T

*Not Included

Allergens

1) Wheat

2) Milk

3) Soy

Tools

Small Pot, Strainer,
Large Pan, Large Bowl

Nutrition per person Calories: 832 cal | Fat: 26 g | Sat. Fat: 7 g | Protein: 55 g | Carbs: 85 g | Sugar: 9 g | Sodium: 975 mg | Fiber: 23 g

Make sure to wash and dry produce before prepping or cooking!



2 Cook the rice: In a small pot, bring **1 cup salted water** to a boil. Once boiling, add the **rice**, cover, and simmer for 15-20 minutes, until tender. Remove from the heat and keep covered until the rest of the meal is ready.

2 Prep the remaining ingredients: Mince or grate the **garlic**. Halve, seed, and remove the white ribs from the **bell pepper**, then finely dice. Halve, peel, and dice the **red onion**. Thinly slice the **scallions**, keeping the **whites** and the **greens** separate. Core and dice the **tomato**. Drain and rinse the **beans**.



3 Sauté the vegetables: Heat **2 Tablespoons oil** in a large pan over medium heat. Add the **pepper, onion, and scallion whites** and cook, tossing for 3-5 minutes, until softened. Add the **garlic, tomatoes, and seitan** to the pan, and cook for 3-5 minutes, breaking up the seitan into small pieces.



4 Simmer the chili: Add the **beans** to the pot along with the **stock concentrate** and **1 cup water**. Simmer for 5-7 minutes, until thickened. Season with **salt** and **pepper**. **TIP:** If you have time, let the chili simmer longer. The flavors will get even better!



5 Finish and plate: Serve the **chipotle seitan chili** on a bed of **jasmine rice** and garnish with the reserved **scallion greens** and **cheddar cheese**.

Ruler

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