



# SPICY ONE-POT VEGETARIAN LENTIL CHILI

with Sour Cream, Cheddar, Scallions & Tortilla Chips

## INGREDIENTS

2 PERSON | 4 PERSON



2 | 4  
Scallions



1 | 2  
Long Green Pepper



1 | 2  
Tomato



1 | 1  
Lime



1 | 2  
Tomato Paste



1 TBSP | 2 TBSP  
Savory Paprika Blend



1 | 2  
Lentils



1 | 2  
Tex-Mex Paste



1 | 2  
Veggie Stock Concentrate



3 TBSP | 6 TBSP  
Sour Cream  
Contains: Milk



½ Cup | 1 Cup  
Cheddar Cheese  
Contains: Milk



1½ oz | 3 oz  
Blue Corn Tortilla Chips  
Contains: Sesame



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HELLO

LENTILS

These hearty legumes are savory and nutritious—the perfect stand-in for beans in chili!



PREP: 10 MIN | COOK: 25 MIN | CALORIES: 650





## AMAZING PASTE

When you stir tomato paste into the pot, cook until it turns from bright red to brick red—that's when it's fully caramelized (and at its most delicious).

## BUST OUT

- Medium pot
- Can opener
- Cooking oil (1 tsp | 1 tsp)

## MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

## HOW WAS YOUR MEAL?



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## 1 PREP

- Wash and dry produce.
- Trim and thinly slice **scallions**, separating whites from greens. Core, deseed, and finely dice **green pepper**. Dice **tomato** into ½-inch pieces. Quarter **lime**.



## 3 SIMMER CHILI

- Stir **lentils and their liquid**, **Tex-Mex paste**, **stock concentrate**, and ½ cup **water** (1 cup for 4 servings) into pot with **veggies**.
- Bring to a simmer, then reduce heat to medium low. Cook, stirring frequently, until flavors meld and chili has thickened slightly, 8-10 minutes. **TIP: If chili seems too thick, stir in water a splash at a time.**



## 2 COOK VEGGIES

- Heat a **drizzle of oil** in a medium pot (**large pot for 4 servings**) over medium-high heat. Add **scallion whites** and **green pepper**; cook, stirring occasionally, until browned and softened, 5-7 minutes.
- Stir in **diced tomato**, **tomato paste**, and **Savory Paprika Blend**; cook, stirring constantly, until combined and fragrant, 1 minute.



## 4 SERVE

- Divide **chili** between bowls. Top with **sour cream**, **cheddar**, **scallion greens**, and a **squeeze of lime**. Serve with **tortilla chips** and any remaining lime wedges on the side.