



# Carb Smart Chipotle Beef Chilli

with Poblano Peppers and Cheddar Cheese

Carb Smart

Spicy

30 Minutes



Ground Beef



Zucchini



Poblano Pepper



Sweet Bell Pepper



Cilantro



Crushed Tomatoes  
with Garlic and Onion



Mexican Seasoning



Chipotle Powder



Sour Cream



Cheddar Cheese,  
shredded

HELLO ZUCCHINI

*This summer squash also goes by the name courgette!*

## Start here

Before starting, wash and dry all produce.

### Heat Guide for Step 3:

- Mild: ½ tsp
- Medium: ¼ tsp
- Spicy: ½ tsp
- Extra-spicy: 1 tsp

## Bust out

Measuring spoons, measuring cups, large pot

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Zucchini	200 g	400 g
Poblano Pepper 🌶️	160 g	320 g
Sweet Bell Pepper	160 g	320 g
Cilantro	7 g	7 g
Crushed Tomatoes with Garlic and Onion	370 ml	740 ml
Mexican Seasoning	2 tbsp	4 tbsp
Chipotle Powder 🌶️	¼ tsp	½ tsp
Sour Cream	3 tbsp	6 tbsp
Cheddar Cheese, shredded	¼ cup	½ cup
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

*Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.*

## Contact

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## 1 Prep

Cut **zucchini** into ½-inch pieces. Core, then cut **poblano pepper** and **sweet pepper** into ½-inch pieces. (**TIP:** We suggest using gloves when prepping poblanos!) Roughly chop **cilantro**.



## 2 Cook veggies

Heat a large pot over medium-high heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **zucchini, poblano peppers** and **sweet peppers**. Cook, stirring occasionally, until tender-crisp, 4-5 min. Season with **salt** and **pepper**. Transfer **veggies** to a plate.



## 3 Cook beef

Heat the same pot over medium. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.\*\* Carefully drain and discard excess fat. Add **Mexican Seasoning** and ¼ **tsp chipotle powder**. (**NOTE:** Reference heat guide.) Cook, stirring often, until fragrant, 1 min. Season with **salt** and **pepper**.



## 4 Cook chilli

Add **crushed tomatoes** and ½ **cup water** (dbl for 4 ppl) to pot. Stir to combine, then bring to a boil over high. Once boiling, reduce heat to medium. Simmer, stirring occasionally, until **chilli** thickens slightly, 10-12 min. (**TIP:** If you have time, keep it simmering on the stove for longer. It gets better the longer it cooks!)



## 5 Finish and serve

When **chilli** is done, add **veggies**. Cook, stirring often, until warmed through, 2-3 min. Season with **salt** and **pepper**. Divide **chilli** between bowls. Dollop **sour cream** over top, then sprinkle with **cilantro** and **cheddar**.

## Dinner Solved!