



# One-Pot Black Bean and Chicken Chili

with Cheddar Cheese and Crema

**PRONTO** 30 Minutes



Chicken Thighs



Chicken Broth Concentrate



Tomato Sauce



Crushed Tomatoes



Green Bell Pepper



Mexican Seasoning



Corn Kernels



Black Beans



Sour Cream



Garlic



Green Onions



Cheddar Cheese, shredded

**HELLO CREMA**

*This tasty topping adds a cool contrast to the hot chili!*

# START HERE

Before starting, wash and dry all produce.

## Bust Out

Garlic Press, Large Pot, Paper Towels, Strainer, Measuring Cups, Measuring Spoons

## Ingredients

	2 Person	4 Person
Chicken Thighs	340 g	680 g
Chicken Broth Concentrate	1	2
Tomato Sauce	2 tbsp	4 tbsp
Crushed Tomatoes	370 ml	740 ml
Green Bell Pepper	200 g	400 g
Mexican Seasoning	1 tbsp	2 tbsp
Corn Kernels	56 g	113 g
Black Beans	398 ml	796 ml
Sour Cream	6 tbsp	12 tbsp
Garlic	6 g	12 g
Green Onions	2	4
Cheddar Cheese, shredded	28 g	56 g
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

## 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.*

## Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



### 1. PREP

Core, then cut the **pepper(s)** into ½-inch pieces. Thinly slice the **green onions**. Peel, then mince or grate the **garlic**. Pat the **chicken** dry with paper towels, then cut into 1-inch pieces and sprinkle over **half the Mexican seasoning**. Season with **salt and pepper**.



### 4. SIMMER CHILI

Add the **crushed tomatoes, broth concentrate(s)** and **¾ cup water** (dbl for 4 ppl). (**NOTE:** For 4 ppl, return all chicken and any juices to pot.) Scrape up any **brown bits** from the bottom of the pot. Bring to a boil, then reduce the heat to medium-low. Simmer until the **chili** is slightly thickened and **chicken** is cooked through, 6-7 min. **\*\*** Season with **salt and pepper**.



### 2. COOK CHICKEN

Heat a large pot over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then the **chicken**. Cook, until golden-brown all over, 2-3 min per side. (**NOTE:** Don't overcrowd the pot! Cook in batches for 4 ppl.)



### 5. FINISH CHILI

While the **chili** simmers, strain and rinse the **beans**. Break the **chicken** up into smaller pieces using a spatula or wooden spoon. Stir the **corn** and **black beans** into the **chili**, until warmed through, 2-3 min.



### 3. COOK VEGGIES

Reduce the heat to medium. Add the **green pepper**. Cook, stirring occasionally, until tender-crisp, 2-3 min. Add the **garlic, tomato sauce** and **remaining Mexican seasoning**. Cook, stirring often, until fragrant, 1 min. Season with **salt and pepper**.



### 6. FINISH AND SERVE

Divide the **chicken chili** between bowls. Sprinkle over the **cheese** and **green onions**. Dollop over the **sour cream**.

## Dinner Solved!