



ONE-POT PLANT-BASED PROTEIN & BEAN CHILI

with Hot Sauce Crema & Monterey Jack Cheese

ONE PAN

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Yellow Onion



1 | 2
Jalapeño



9 oz | 9 oz
Ground
Plant-Based
Protein
Contains: Soy,
Tree Nuts, Wheat



1 TBSP | 2 TBSP
Mexican Spice
Blend



1 TBSP | 2 TBSP
Southwest Spice
Blend



1.5 oz | 3 oz
Tomato Paste



14 oz | 28 oz
Diced Tomatoes



13.4 oz | 26.8 oz
Black Beans



1 | 2
Mushroom Stock
Concentrate



2 TBSP | 4 TBSP
Sour Cream
Contains: Milk



1 tsp | 2 tsp
Hot Sauce



¼ Cup | ½ Cup
Monterey Jack
Cheese
Contains: Milk

HELLO

HOT SAUCE CREMA

This tasty topping adds a cool contrast and a subtle kick.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 630



SEASON OF LOVE

For a truly delicious pot of chili, taste as you go! Get familiar with your food by tasting and adjusting seasonings after each step. Adding salt and pepper throughout the cooking process helps infuse flavor directly into each element of the dish.

BUST OUT

- Medium pot
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)

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* Plant-Based Protein is fully cooked when internal temperature reaches 165°.



1 PREP

- **Wash and dry produce.**
- Halve, peel, and dice **onion**. Thinly slice **half the jalapeño** into rounds; mince remaining jalapeño. **TIP: Remove ribs and seeds for less heat.**



2 COOK ONION & JALAPEÑO

- Heat a **large drizzle of oil** in a medium pot over medium-high heat. Add **onion** and **minced jalapeño**; season with **salt** and **pepper**. Cook, stirring, until softened, 5-7 minutes.



3 COOK PLANT-BASED PROTEIN

- Add **half the plant-based protein*** (all for 4 servings), **Mexican Spice**, **Southwest Spice**, **salt**, and **pepper** to pot. Cook, breaking up protein into pieces, until browned and cooked through, 4-6 minutes. (Save any remaining plant-based protein for another use.)



4 COOK CHILI

- Stir **tomato paste** into pot. Cook, stirring, until dark red and combined, 1-2 minutes.
- Stir in **diced tomatoes, beans and their liquid, stock concentrate, ¼ cup water, salt**, and **pepper**. Bring to a simmer and cook, uncovered, until thickened, 8-10 minutes.
- Turn off heat. Taste and season with **salt** and **pepper**.



5 MAKE CREMA

- Meanwhile, in a small bowl, combine **sour cream** with **hot sauce** to taste; season with **salt** and **pepper**. Stir in **water** 1 tsp at a time until mixture reaches a drizzling consistency.



6 SERVE

- Divide **chili** between bowls. Top with **Monterey Jack**, **hot sauce crema**, and as much **sliced jalapeño** as you like.