

MARLEY SPOON



20-Min: Vegan Chili & Basmati Rice

with Plant-Based Ground "Beef"



ca. 20min



2 Servings

We've found a way to create a flavorful chili in just 20-minutes, and it's vegan! Here, we brown protein-packed plant-based ground that mimics the texture of ground beef. Fresh jalapeños, aromatic onions, taco spice blend, sweet corn, and tomatoes add the classic chili flavor. As it simmers, it turns into a warming, hearty chili perfect for spooning over fluffy basmati rice. Simple and delicious!

What we send

- 5 oz basmati rice
- ½ lb pkg plant-based ground ^{1,2,3}
- 1 medium yellow onion
- garlic
- 1 jalapeño chile
- 14½ oz can whole peeled tomatoes
- 2½ oz corn
- 2 (¼ oz) taco seasoning
- ¼ oz fresh cilantro

What you need

- neutral oil
- kosher salt & ground pepper
- sugar

Tools

- small saucepan
- medium pot

Allergens

Soy (1), Tree Nuts (2), Wheat (3). May contain traces of other allergens.

Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 790kcal, Fat 30g, Carbs 97g, Protein 33g



1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**, bring to a boil over high heat. Cover, reduce heat to low, and cook until rice is tender and water is absorbed, about 17 minutes. Remove from heat and keep covered until ready to serve.



4. Cook vegetables

Add **onions** and **a pinch each of salt and pepper** to pot with **plant-based ground**. Cook, stirring occasionally, until onions are softened, 3-5 minutes. Add **corn**, **chopped jalapeños and garlic**, and **taco seasoning**. Cook, stirring, until fragrant, about 1 minute more.



2. Brown plant-based ground

Heat **2 tablespoons oil** in medium pot over medium-high. Add **plant-based ground** and cook, breaking up into smaller pieces and stirring occasionally, until just beginning to brown, 3-5 minutes.



5. Finish chili

To pot, stir in **tomatoes**, **1 cup water**, and **½ teaspoon each of sugar and salt**. Bring to a simmer, scraping up bits from the bottom of pot. Season to taste with **salt** and **pepper**. Cover, reduce heat to low, and simmer until flavorful, about 5 minutes.

Meanwhile, coarsely chop **cilantro leaves and stems**.



3. Prep ingredients

Meanwhile, cut **onion** into ½-inch pieces. Finely chop **2 teaspoons garlic**. Slice 3-5 rounds of **jalapeño** for garnish (depending on heat preference). Discard stem and seeds from **remaining jalapeño**, then finely chop 2 tablespoons. Use kitchen shears to cut tomatoes in can until coarsely chopped.



6. Serve

Fluff **rice** with a fork, then spoon into bowls. Top **rice** with **chili** and garnish with **cilantro** and **sliced jalapeños**, if desired. Enjoy!