



Red Bean & Sweet Potato Chili

with Green Rice & Sour Cream



30-40min



2 Servings

This veggie chili is loaded with good-for-you sweet potatoes and heart-healthy red kidney beans. You won't miss the meat! The beans and veggies stew along with other aromatics and seasoning like tomato paste, green bell pepper, chorizo chili spice, and a kiss of orange juice that adds a subtle sweetness and tangy acid to balance out the rich spices. Cook, relax, and enjoy! ...

What we send

- canned kidney beans
- scallions
- sweet potato
- chorizo chili spice blend
- navel orange
- tomato paste
- green bell pepper
- ½ oz fresh cilantro
- 5 oz jasmine rice
- 1 oz sour cream ⁷

What you need

- kosher salt & ground pepper
- olive oil

Tools

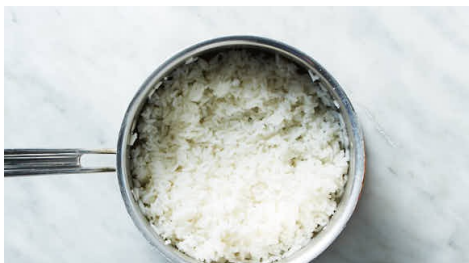
- fine-mesh sieve
- small saucepan

Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 790kcal, Fat 20g, Carbs 130g, Protein 22g



1. Cook rice

Rinse **rice** in a fine-mesh sieve until the water runs clear. Add to a small saucepan along with **1¼ cups water** and **½ teaspoon salt**. Bring to a boil. Cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Remove from heat. Cover to keep warm.



4. Sauté aromatics

Add **⅓ level cup of tomato paste**, **chorizo chili spice blend**, **orange zest**, and **half of the scallions**. Cook, stirring, until ingredients are combined and chorizo chili spice is fragrant, about 30 seconds.



2. Prep ingredients

Scrub or peel **sweet potato** and cut into 1-inch pieces. Halve **pepper**, remove stem, core and seeds, then cut into ½-inch pieces. Trim ends from **scallions**, then thinly slice. Finely grate **¼ teaspoon orange zest**, then squeeze **¼ cup juice**, keeping them separate.



5. Add beans & liquid

Add **beans and their liquid**, **orange juice**, and **1½ cups water**. Cover and bring to boil. Uncover, reduce to medium-high, and cook until **sweet potatoes** are tender and liquid is reduced slightly, about 8 minutes. Season to taste with **salt** and **pepper**.



3. Sauté potatoes & peppers

Heat **2 tablespoons oil** in a medium pot over medium-high. Add **potatoes** and **peppers** to the pot. Cook, stirring occasionally, until browned in spots, 4-6 minutes.



6. Finish & serve

Pick **2 tablespoons whole cilantro leaves**. Finely chop **remaining cilantro leaves and stems**. Fluff **rice** with a fork, then stir in **chopped cilantro**. Garnish **chili** with **whole cilantro leaves** and **remaining scallions**. Serve with **rice** and **sour cream**. Enjoy!