



Make It Carb Conscious

Fast! Grass-Fed Ground Beef & Bean Chili



20-30min



2 Servings

| We made this recipe carb conscious by customizing with cauliflower rice!

What we send

- 12 oz cauliflower rice
- 1 medium yellow onion
- 1 bell pepper
- 10 oz pkg grass-fed ground beef
- ¼ oz taco seasoning
- 6 oz tomato paste
- 1 pkt beef broth concentrate
- 15 oz kidney beans
- ¼ oz fresh cilantro
- 2 (1 oz) sour cream ⁷

What you need

- kosher salt & ground pepper
- olive oil

Tools

- small saucepan
- medium Dutch oven or pot

Allergens

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

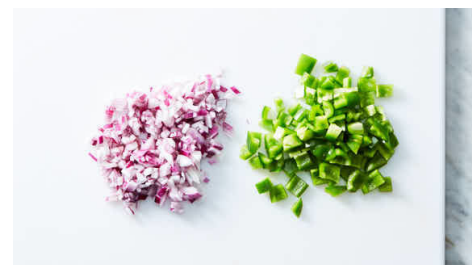
Nutrition per serving

Calories 680kcal, Fat 28g, Carbs 52g, Protein 45g



1. Cook cauliflower rice

Heat **1 tablespoon oil** in a medium skillet over high heat. Add **cauliflower rice** and cook, stirring, until crisp-tender, about 5 minutes. Remove from heat and keep covered until step 5.



2. Prep onion & pepper

Finely chop **all of the onion**. Halve **pepper**, discard stem and seeds, then cut into ½-inch pieces.



3. Cook beef & veggies

Heat **1 tablespoon oil** in a medium Dutch oven or pot over medium-high. Add **ground beef, peppers, taco seasoning**, and **¾ of the chopped onions**. Cook, stirring occasionally, until beef is cooked through and veggies are softened, 5-7 minutes.



4. Cook chili

Add **¼ cup tomato paste** to pot and cook over medium-high until paste is brick-red, about 1 minute. Add **broth concentrate, all of the beans and their liquid**, and **½ cup water**. Cover and bring to a boil over high heat. Uncover, then season to taste with **salt** and **pepper**. Cover to keep warm.



5. Finish cilantro rice

Finely chop **cilantro leaves and tender stems**; stir in chopped cilantro.



6. Serve

Serve **beef and bean chili** over **cilantro cauliflower rice**. Garnish with **sour cream** and **remaining chopped onions**, if desired. Enjoy!