

DINNERLY



Make it Carb Conscious

Mexican Beef Chili



20-30min



2 Servings

We made this recipe carb conscious by customizing with cauliflower.

WHAT WE SEND

- 1 medium yellow onion
- 1 green bell pepper
- 1 oz sour cream²
- 10 oz pkg grass-fed ground beef
- 1 pkt fried garlic
- ¼ oz chorizo chili spice blend
- 1 head cauliflower

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- all-purpose flour¹

TOOLS

- medium nonstick skillet
- medium Dutch oven or pot with lid

ALLERGENS

Wheat (1), Milk (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 530kcal, Fat 26g, Carbs 29g, Protein 36g



1. Prep ingredients

Halve **onion** and coarsely chop. Halve **bell pepper**, discard stem and seeds, then cut into ½-inch pieces.

Holding the stem end, grate **one half of the cauliflower** (save rest for own use) on the slicing part of a box grater, creating small bits that resemble rice; measure out 4 cups of the cauliflower rice. (Or cut cauliflower into florets and pulse in food processor until riced.)



2. Cook cauliflower rice

Heat **1 tablespoon oil** in a medium nonstick skillet over high. Add **cauliflower rice** and cook, stirring, until crisp-tender, about 5 minutes. Season with **salt** and **pepper**. Transfer to a bowl; cover and set aside. Wipe out skillet.



3. Prep crema

In a small bowl, thin **sour cream** with **1 teaspoon water** at a time, as needed until it drizzles from a spoon; set aside until ready to serve.



4. Brown beef

Heat **1 tablespoon oil** in a medium pot or Dutch oven over high until shimmering. Add **onions** and **peppers**; cook, stirring, until browned in spots, about 6 minutes. Add **beef**, **1 teaspoon salt**, and **several grinds of pepper**; cook, stirring and breaking up meat into smaller pieces, until lightly browned, 5–6 minutes. Spoon off **all but 1 tablespoon fat**.



5. Finish chili & serve

To pot with **beef**, stir in ½ **teaspoon fried garlic**, **chorizo chili spice**, and **1 tablespoon flour**; cook, about 1 minute. Add **1¼ cups water**; bring to a boil. Cover and simmer over medium-low until thickened and flavorful, 8–10 minutes. Season to taste with **salt** and **pepper**.

Spoon **rice** into bowls and top with **chili**. Drizzle with **sour cream** and serve. Enjoy!



6. Take it to the next level

You could enhance this chili with a few slices of fresh avocado, a dollop of your favorite guacamole, or even a few slices of pickled or fresh jalapeños.