

DINNERLY



Make It Carb Conscious

Mexican Beef Chili



20-30min



2 Servings

This version of the recipe is customized with brown rice.

WHAT WE SEND

- 1 medium yellow onion
- 1 green bell pepper
- 1 oz sour cream ²
- 10 oz pkg grass-fed ground beef
- 1 pkt fried garlic
- ¼ oz chorizo chili spice blend
- 5 oz quick-cooking brown rice

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- all-purpose flour ¹

TOOLS

- small saucepan
- 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 750kcal, Fat 28g, Carbs 74g, Protein 37g



1. Cook rice

Bring a small saucepan of **salted water** to a boil over high heat. Add **rice** and boil (like pasta!), stirring occasionally, until just tender, about 22 minutes. Drain in a fine-mesh sieve. Return to saucepan off heat. Keep covered until ready to serve.



2. Prep ingredients

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



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

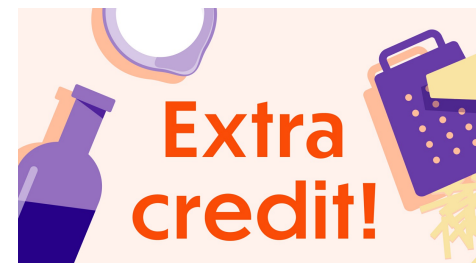
Heat 1 **tablespoon oil** in a medium pot or Dutch oven over high until shimmering. Add **onions** and **peppers**; cook, stirring, until browned in spots, about 6 minutes. Add **beef**, 1 **teaspoon salt**, and **several grinds of pepper**; cook, stirring and breaking up meat into smaller pieces, until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