



20-Min: Grass-Fed Ground Beef & Bean Chili

with Cilantro Rice & Sour Cream



20-30min



2 Servings

We're big fans of big flavor. With very little time and effort, this dish brings exactly that! Grass-fed ground beef simmers with hearty kidney beans, bell peppers, and yellow onions in a taco spiced-tomato sauce. We serve the quick chili with fluffy cilantro rice and cooling sour cream.

What we send

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

What you need

- kosher salt & ground pepper
- olive oil

Tools

- small saucepan
- medium Dutch oven or pot

Allergens

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

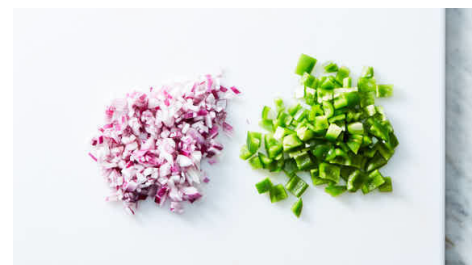
Nutrition per serving

Calories 900kcal, Fat 34g, Carbs 102g, Protein 44g



1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**. Bring to a boil over high heat, then cover and cook over low until rice is tender and water is absorbed, about 17 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**. Fluff **rice** with a fork, then stir in chopped cilantro.



6. Serve

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