



## 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 <sup>1</sup>

### 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.

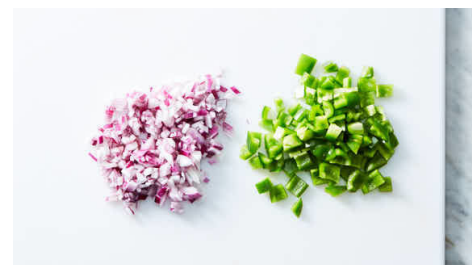
### Nutrition per serving

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



#### 1. Cook rice

In a small saucepan, combine **rice**, **1 ¼ 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!