

# DINNERLY



## Grass-Fed Ground Beef & Black Bean Chili

with Sweet Potatoes



50min



2 Servings

We turned comfort food into healthy food with this soul-warming chili. With sweet potatoes, grass-fed ground beef, tomato sauce, and black beans, there's a little bit of something for everyone. It's true what they say—you can have your cake (or chili in this case) and eat it too, guilt free. We've got you covered!

### WHAT WE SEND

- 2 scallions
- 1 sweet potato
- 10 oz pkg ground chicken
- ¼ oz taco seasoning
- 8 oz tomato sauce
- 15 oz can black beans

### WHAT YOU NEED

- garlic
- neutral oil
- kosher salt & ground pepper

### TOOLS

- medium pot

### ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 540kcal, Fat 13g, Carbs 65g, Protein 44g

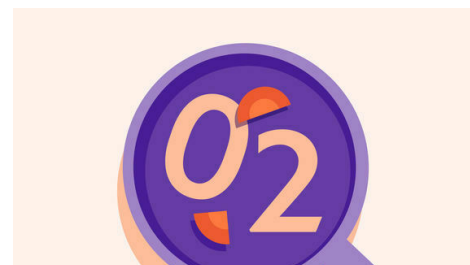


#### 1. Prep ingredients

Finely chop **1 tablespoon garlic**.

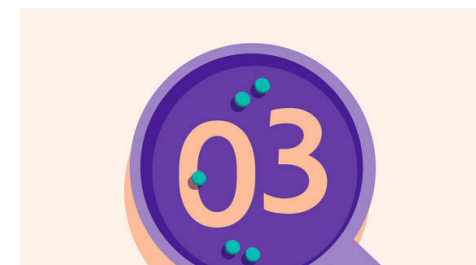
Trim ends from **scallions** and thinly slice, keeping dark greens separate.

Scrub **sweet potato**, then cut into ¾-inch pieces.



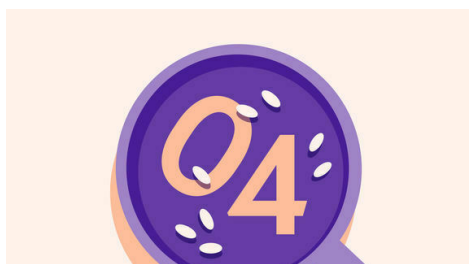
#### 2. Cook chicken

Heat **1 tablespoon oil** in a medium pot over medium-high. Add **ground chicken** and cook, breaking up into smaller pieces, until browned, 5–7 minutes.



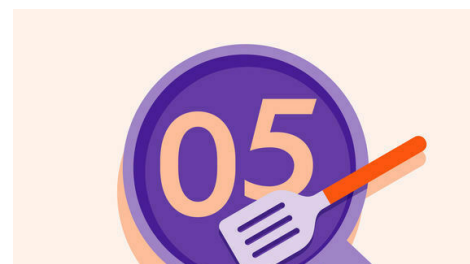
#### 3. Cook aromatics

To pot with **chicken**, add **chopped garlic**, **scallion whites and light greens**, and **1 tablespoon taco seasoning**; cook, stirring, until fragrant, about 1 minute. Stir in **tomato sauce**; simmer over low heat, stirring occasionally, until sauce is slightly reduced, 3–5 minutes.



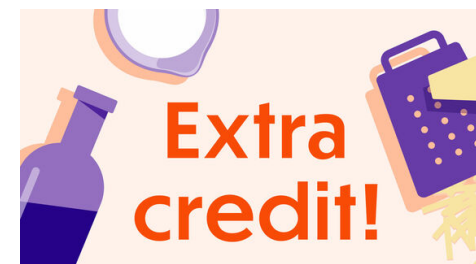
#### 4. Simmer chili

To same pot, add **beans and their liquid**, **sweet potatoes**, **2 cups water**, and **a pinch each of salt and pepper**. Bring to a boil over high. Reduce heat to low and simmer until potatoes are tender, chicken is cooked through, and chili is slightly thickened, 30–40 minutes. Season to taste with **salt** and **pepper**



#### 5. Serve

Serve **chicken and black bean chili** garnished with **scallion dark greens**. Enjoy!



#### 6. Crunch, crunch!

Top this chili with tortilla strips OR serve it up with tortilla chips on the side to use as crunchy vessels for shoveling heaping bites of chili!