

MARLEY SPOON



Beef & White Bean Chili

with Quinoa, Cilantro & Lime



20-30min



2 Servings

A quick beef and bean chili may seem like a contradiction, but happily, it's not! For this weeknight dinner, we simmer garlic, chopped canned tomatoes, sweet bell peppers, ground beef, and white beans into a hearty chili that comes together in under 30 minutes.

What we send

- garlic
- 3 oz white quinoa
- 1 bell pepper
- ½ oz fresh cilantro
- 14½ oz can whole peeled tomatoes
- 1 lime
- 10 oz pkg grass-fed ground beef
- ¼ oz taco seasoning
- 15 oz can cannellini beans

What you need

- olive oil
- kosher salt & ground pepper

Tools

- medium saucepan
- small saucepan

Allergens

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

Nutrition per serving

Calories 780kcal, Fat 23g, Carbs 82g, Protein 50g



1. Cook quinoa

In a small saucepan, combine **quinoa**, **¾ cup water**, and **½ teaspoon salt**. Bring to a boil. Cover, reduce heat to medium-low, and cook until tender and water is absorbed, 15-20 minutes. Keep covered off heat until ready to serve.



2. Prep ingredients

Finely chop **2 teaspoons garlic**. Halve **pepper**, discard stem and seeds, then finely chop. Finely chop **cilantro leaves and stems**. Use kitchen shears to finely chop **tomatoes** directly in the can. Cut **lime** into quarters.



3. Sauté peppers

Heat **2 teaspoons oil** in a medium saucepan over medium-high. Add **chopped garlic** and **peppers**; cook, stirring, until soft, about 5 minutes.



4. Brown ground beef

Add **beef**, **taco seasoning**, and **1 teaspoon salt** to saucepan with **peppers**. Cook over medium-high, breaking up larger pieces of beef with a spoon, until browned, about 5 minutes.



5. Make chili

Add **tomatoes and their liquid**, **beans and their liquid**, and **all but 2 tablespoons of the cilantro** to **beef mixture** (save remaining cilantro for step 6). Cook, stirring occasionally, until slightly thickened, 6-8 minutes. Season to taste with **salt** and **pepper**.



6. Garnish & serve

Spoon **quinoa** into bowls and top with **chili**. Garnish with **remaining cilantro**, and serve with **lime wedges** on the side for squeezing over. Enjoy!