



Cheesy Chicken & Black Bean Chili

with Sweet Potato & Garlic-Cilantro Rice



30-40min



2 Servings

Tomato paste is made by simmering tomatoes for hours, until it forms a thick, concentrated paste. It adds a ton of flavor to soups, stocks, or sauces. We use it in this lively chili to add depth of flavor to chicken, sweet potato, black beans, and taco seasoning. We top off this hearty mix with a blanket of melted cheddar, and serve it over garlicky cilantro rice, for an anything-but-ordinary chili.

What we send

- garlic
- 5 oz jasmine rice
- 15 oz can black beans
- 1 sweet potato
- 1 red onion
- 10 oz pkg ground chicken
- 6 oz tomato paste
- ¼ oz taco seasoning
- ¼ oz fresh cilantro
- 2 oz shredded cheddar-jack blend ¹

What you need

- olive oil
- kosher salt & ground pepper
- white wine vinegar (or red wine vinegar)
- sugar

Tools

- small saucepan
- fine-mesh sieve
- medium skillet

Allergens

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

Nutrition per serving

Calories 1030kcal, Fat 36g, Carbs 120g, Protein 55g



1. Cook rice

Finely chop **2 teaspoons garlic**. Heat **2 teaspoons oil** in a small saucepan. Add 1 teaspoon of the chopped garlic. Cook, stirring, until fragrant, about 30 seconds.

Add **rice**, **1¼ cups water**, and **¾ teaspoon salt**; bring to a boil. Cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Keep covered until ready to serve.



2. Prep ingredients

Drain and rinse **beans**. Cut **sweet potato** into ½-inch cubes. Finely chop **half of the onion**.

In a small bowl, combine **3 tablespoons of the chopped onions**, **2 teaspoons vinegar**, and **a pinch of sugar**. Season with **salt** and **pepper**. Reserve pickled onions for step 6.



3. Brown chicken

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chicken** and season with **salt** and **pepper**. Cook, breaking up into large pieces, until browned, about 2 minutes. Transfer to a plate (chicken will not be cooked through).



4. Sauté sweet potato

Heat **1 tablespoon oil** in same skillet. Add **sweet potatoes** and **remaining garlic and onions**; season with **salt** and **pepper**. Cook, stirring occasionally, until sweet potatoes and onions are lightly browned and slightly softened, 2-3 minutes.

Stir in **all of the taco seasoning** and **3 tablespoons tomato paste**; cook until fragrant, about 1 minute.



5. Cook chili

Add **beans**, **chicken**, and **2½ cups water** to skillet with **vegetables**; bring to a boil. Reduce heat to medium and simmer until sweet potato is tender and chicken is cooked through, about 15 minutes.

Meanwhile, coarsely chop **cilantro leaves and stems**. Preheat broiler with a rack in the top position.



6. Finish & serve

Stir **half of the cilantro** into **chili**. Sprinkle **cheese** over top. Broil on top rack until cheese is melted and browned in spots, 1-3 minutes (watch closely as broilers vary). Fluff **rice** with a fork, then stir in **remaining cilantro**.

Serve **rice** topped with **chili** and **reserved pickled onions**. Enjoy!