

MARLEY SPOON



Vegan Chili & Cauliflower Rice

with Impossible Ground



ca. 20min



2 Servings

We've found a way to create a flavorful chili in just 20 minutes, and it's vegan! Here, we brown protein-packed plant-based ground that mimics the texture of ground beef. Fresh jalapeños, aromatic onions, taco spice blend, sweet corn, and tomatoes add the classic chili flavors. As it simmers, it turns into a warming, hearty chili perfect for spooning over cauliflower rice. Simple and delicious!

What we send

- 12 oz cauliflower rice
- ½ lb pkg Impossible patties ⁶
- 1 yellow onion
- garlic
- 1 jalapeño chile
- 14½ oz can whole peeled tomatoes
- 2½ oz corn
- 2 (¼ oz) taco seasoning
- ¼ oz fresh cilantro

What you need

- kosher salt & ground pepper
- neutral oil
- sugar

Tools

- small saucepan
- medium pot

Allergens

Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 540kcal, Fat 28g, Carbs 52g, Protein 28g



1. Cook cauliflower rice

Heat **1 tablespoon oil** in a medium nonstick skillet over high. Add **cauliflower rice** and cook, stirring, until crisp-tender, about 5 minutes. Season with **salt** and **pepper**. Transfer to a bowl; cover and set aside.



4. Cook vegetables

Add **onions** and a **pinch each of salt and pepper** to pot with **plant-based ground**. Cook, stirring occasionally, until onions are softened, 3-5 minutes. Add **corn**, **chopped jalapeños and garlic**, and **all of the taco seasoning**. Cook, stirring, until fragrant, about 1 minute more.



2. Brown plant-based ground

Heat **2 tablespoons oil** in medium pot over medium-high. Add **Impossible patties** and cook, breaking up into smaller pieces and stirring occasionally, until just beginning to brown, 3-5 minutes.



5. Finish chili

To pot, stir in **tomatoes**, **1 cup water**, and **½ teaspoon each of sugar and salt**. Bring to a simmer, scraping up bits from the bottom. Season to taste with **salt and pepper**. Cover, reduce heat to low, and simmer, about 5 minutes.

Meanwhile, coarsely chop **cilantro leaves and stems**. Spoon **cauliflower rice** into bowls. Top with **chili**, **cilantro**, and **jalapeños**.



3. Prep ingredients

Meanwhile, cut **onion** into ½-inch pieces. Finely chop **2 teaspoons garlic**. Slice 3-5 rounds of **jalapeño** for garnish (depending on heat preference). Discard stem and seeds from **remaining jalapeño**, then finely chop 2 tablespoons. Use kitchen shears to cut **tomatoes** in can until coarsely chopped.



6. Serve

Enjoy!