



### In your box

- 1 Shallot
- 1 Tbsp. Chile and Cumin Rub
- 1 Tomato
- ¼ oz. Cilantro
- 8 oz. Cubed Butternut Squash
- 12 oz. Crushed Tomatoes
- 2 oz. Shredded Cheddar-Jack Cheese
- 2 oz. Sour Cream

### Customize It Options

- 12 oz. Ground Turkey
- 12 oz. Ground Pork
- 12 oz. Diced Boneless Skinless Chicken Breasts
- 10 oz. Antibiotic-Free Ground Beef
- 12 oz. Impossible Burger

\*Contains: milk

### You will need

- Olive Oil, Pepper
- Large Non-Stick Pan

### Minimum Internal Protein Temperature

<b>145°</b>	Steak	Pork	Lamb	Seafood
<b>160°</b>	Ground Beef		Ground Pork	
<b>165°</b>	Chicken		Ground Turkey	

Classic Meal Kit



## Turkey and Butternut Squash Chili

with cheddar-jack and sour cream

NUTRITION per serving—Calories: 609, Carbohydrates: 34g, Sugar: 15g, Fiber: 5g, Protein: 45g, Sodium: 1334mg, Fat: 31g, Saturated Fat: 13g  
 Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

**30-40 min.**

Cook Within

**5 days**

Difficulty Level

**Intermediate**

Spice Level

**Not Spicy**

## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Ingredient(s) used more than once: **shallot**, **seasoning rub**

### Customize It Instructions

- If using **ground beef**, follow same instructions as turkey in Step 3, breaking up meat until no pink remains and ground beef reaches minimum internal temperature, 4-6 minutes.
- If using **ground pork**, follow same instructions as turkey in Step 3, breaking up meat until no pink remains and ground pork reaches minimum internal temperatures, 5-7 minutes.
- If using **Impossible burger**, follow same instructions as turkey in Step 3, breaking up burger until heated through, 5-7 minutes.
- If using **diced chicken**, pat dry and season with a pinch of **salt** and **pepper**. Follow same instructions as turkey in Step 3, stirring occasionally until chicken reaches minimum internal temperature, 5-7 minutes.



#### 1. Prepare the Ingredients

- Halve and peel **shallot**. Cut halves into ¼" dice.
- Core **tomato** and cut into ¼" dice.
- Stem and mince **cilantro**.



#### 2. Cook the Butternut Squash

- Place a large non-stick pan over medium heat. Add 2 tsp. **olive oil**, **butternut squash**, and **shallot** (reserve a pinch for garnish) to hot pan.
- Stir often until squash is browned and begins to soften, 7-10 minutes.



#### 3. Cook the Turkey

- Add **turkey**, half the **seasoning rub** (reserve remaining for chili), and a pinch of **pepper** to hot pan.
- Stir often, breaking up meat, until no pink remains and turkey reaches a minimum internal temperature of 165 degrees, 5-7 minutes.



#### 4. Start the Chili

- Add **crushed tomatoes** and 1¼ cups **water** to hot pan. Bring to a boil.
- Once boiling, reduce to a simmer. Stir occasionally until thickened, 8-10 minutes.



#### 5. Finish Chili and Finish Dish

- Taste **chili**, and stir in remaining **seasoning rub**, if desired.
- Remove from burner.
- Plate dish as pictured on front of card, garnishing chili with **cheese**, **tomato**, remaining **shallot** (to taste), **sour cream**, and **cilantro**. Bon appétit!