



Spicy Poblano and Black Bean Chili

with chipotle crema

NUTRITION per serving—Calories: 360, Carbohydrates: 52g, Sugar: 10g, Fiber: 11g, Protein: 12g, Sodium: 1570mg, Fat: 13g, Saturated Fat: 3g 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 **7 days**

Difficulty Level

Easy

Spice Level

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: green onions

Customize It Instructions

Meatlovers! If using protein, cook in a medium non-stick pan over medium heat with 1 tsp. olive oil. If using whole chicken breasts, pat dry and, on a separate cutting board, cut into 1" dice. Stir occasionally until chicken reaches minimum internal temperature, 5-7 minutes. If using ground beef, break up beef until no pink remains and beef reaches minimum internal temperature, 4-6 minutes. If using Impossible burger, break up burger until heated through, 4-6 minutes. Add to chili as desired.



3. Add the Beans and Salsa

- Add black beans, salsa, mirepoix base, ¼ tsp. salt, and 2 cups water. Stir to combine, then bring to a simmer.
- Once simmering, stir occasionally until beans are heated through, 3-5 minutes.



1. Prepare Ingredients and Make Chipotle Crema

- Drain black beans.
- Coarsely chop cauliflower into bite-sized pieces,
- Trim green onions and thinly slice, keeping white and green portions separate.
- Stem poblano pepper, seed, and cut into ½" dice. Poblano peppers can vary in spice level; most are mild, but a few can be quite hot. Wash hands and cutting board after prepping.
- In a mixing bowl, stir chipotle crema and 1 tsp. water until combined. Set aside.



2. Start the Chili

- Place a large non-stick pan over medium heat and add 2 tsp. olive oil.
- Add white portions of green onions, cauliflower, poblano, and seasoning blend to hot pan. Stir occasionally until browned, 5-7 minutes.
- Add 2 Tbsp. water. Cover, and cook until tender, 5-7 minutes.



4. Finish the Chili

- In another mixing bowl, combine **cornstarch** and ½ cup **water** until cornstarch is completely dissolved.
- Add cornstarch-water mixture to pan. Stir constantly until cornstarch-water mixture is incorporated and chili thickens enough to coat the back of a spoon, 5-6 minutes.
- Remove from burner.



5. Finish the Dish

 Plate dish as pictured on front of card, topping chili with crema, green portions of green onions, and tortilla strips. Bon appétit!