



In your box

- 1 Red Onion
- 2 Roma Tomatoes
- 1 Red Bell Pepper
- 1 tsp. Light Chili Powder
- 1 ½ tsp. Ground Cumin
- 15 ½ oz. Black Beans
- 8 fl. oz. Tomato Sauce
- 1 oz. Tortilla Strips
- 1 oz. Shredded Cheddar Cheese
- 2 oz. Sour Cream



Black Bean Chili

with tortilla strips and sour cream

NUTRITION per serving—Calories: 513, Carbohydrates: 64g, Fat: 20g, Protein: 19g, Sodium: 1658mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
30-40 min.

Cook Within
7 days

Difficulty Level ● ● ● ● ●
Easy

Spice Level ● ● ● ● ●
Mild

You will need

Olive Oil, Salt, Pepper
Medium Pot

Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Thoroughly rinse produce and pat dry
- Ingredient(s) used more than once: **onion, tomatoes**



1

Prepare the Ingredients

- Halve and peel **onion**. Cut halves into ¼” dice.
- Core **tomatoes** and cut into ¼” dice.
- Stem, seed, remove ribs, and cut **red bell pepper** into ¼” dice.



2

Cook the Onion and Red Bell Pepper

- Place a medium pot over medium-high heat and add 1 Tbsp. **olive oil**.
- Add **onion** (reserve a pinch for garnish), **red bell pepper**, ¼ tsp. **salt**, and a pinch of **pepper** to hot pot.
- Stir occasionally until vegetables are softened, 3-5 minutes.



3

Start the Chili

- Stir in half the **tomatoes** (reserve remaining for garnish), **chili powder**, and **cumin**.



4

Finish the Chili

- Add **beans and their liquid**, **tomato sauce**, ¼ tsp. **salt**, and a pinch of **pepper**. *Bean liquid adds extra flavor to the chili.*
- Bring to a boil, then reduce to a simmer. Cook until liquid thickens slightly and beans are tender, 14-16 minutes.
- *For a thicker consistency, mash some of the chili in pot after cooking.*



5

Finish the Dish

- Plate dish as pictured on front of card, garnishing with remaining **tomatoes**, remaining **onion**, **tortilla strips**, **cheese**, and **sour cream**. Bon appétit!