



**GREEN  
CHEF**

## BEEF & BUTTERNUT SQUASH CHILI

*with bell pepper, roasted peppers, cilantro-lime crema & cheddar*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

690

### NET CARBS PER SERVING

20 GRAMS

### MENU

KETO // GLUTEN-FREE

This cozy, keto one-pot chili is simple to make and ready to eat in 30 minutes! Ground beef and veggies (think butternut squash, bell pepper, and roasted red peppers) simmer with peppery adobo-seasoned tomatoes for aromatic depth. Customize your steaming bowl with three swoon-worthy toppings: citrusy spiced crema, sharp cheddar cheese, and fresh cilantro.

### INGREDIENTS (9 ITEMS)

10 oz **Ground beef**  
 5 ¼ oz **Butternut squash**  
 ¾ cup **Adobo-seasoned tomatoes**  
 3 ½ oz **Green bell pepper\***  
 2 ¼ oz **Roasted red peppers**  
 2 oz **Yellow onions**  
 3 tbsp **Spiced cilantro-lime crema** M  
 1 oz **Sharp cheddar cheese** M  
 ¼ oz **Cilantro**

### WHAT YOU'LL NEED

medium pot  
 measuring cup & spoons  
 peeler  
 cooking oil  
 salt & pepper

### ALLERGENS

M MILK



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Food Service (GFFS) program.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

\*This ingredient may be a different color. Either way, this dish will still be delicious!

Wash and dry fresh produce. Wash hands and surfaces after handling raw meat. Consuming raw or undercooked meat may increase your risk of foodborne illness. Go to [help.greenchef.com](https://help.greenchef.com) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

## 1 PREP

- Remove any seeds from **butternut squash** with a spoon. Carefully peel with a sharp peeler.\* Small dice into pieces, about ¼ inch each.
- Medium dice **green bell pepper** into pieces, about ½ inch each.
- De-stem **cilantro**; roughly chop leaves.

*\*If you don't have a sharp peeler, carefully use a sharp knife. Place squash cut-sides down, then slice away the skin, curving your knife with the shape of the squash as you go.*

COOKING FOR  
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

## 2 START CHILI

- Heat about 2 tablespoons cooking oil in a medium pot over medium-high heat. Add **squash, bell pepper, roasted red peppers**, and **yellow onions** to hot pot. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine. Cook 4-5 minutes, or until onions begin to brown, stirring frequently.

## 3 ADD BEEF

- Add **ground beef** to pot with veggies. Stir to break up beef. Cook 3-4 minutes, or until ground beef is fully cooked,\* stirring occasionally.

*\*Ground beef is fully cooked when it's no longer pink.*

## 4 FINISH CHILI

- Add **adobo-seasoned tomatoes** and about 1 ½ cups water to pot with beef and veggies. Season with about ¼ teaspoon salt. Stir to combine. Reduce heat to medium-low. Simmer 8-10 minutes, or until flavors meld, stirring occasionally. Salt and pepper to taste.\*

*\*Taste the chili after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious final product.*

## 5 PLATE YOUR DISH

- Divide **beef and butternut squash chili** between bowls. Drizzle with **spiced cilantro-lime crema** to taste. Garnish with **sharp cheddar cheese** and **cilantro**. Enjoy!





## Nutrition Facts

2 Servings per container

**Serving size** (490g)

**Amount per serving**

**Calories** **690**

	% Daily Value*
<b>Total Fat</b> 48g	62%
Saturated Fat 18g	90%
Trans Fat 0g	
<b>Cholesterol</b> 140mg	47%
<b>Sodium</b> 1190mg	52%
<b>Total Carbohydrate</b> 27g	10%
Dietary Fiber 7g	25%
Total Sugars 10g	
Includes 0g Added Sugars	0%
<b>Protein</b> 38g	
Vitamin D 0mcg	0%
Calcium 330mg	25%
Iron 6mg	35%
Potassium 780mg	15%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### All ingredients in this recipe:

**Cilantro-Lime Crema** (Cilantro, Sour Cream [cultured cream], Lime Juice, Sea Salt, Ground Coriander, Granulated Garlic), **Sharp Cheddar Cheese** [part-skim milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Cilantro, Ground Beef, Yellow Onions, Butternut Squash, Bell Peppers, Roasted Red Peppers** [roasted red pepper, water, citric acid, sea salt], **Adobo-Seasoned Tomatoes** (Ground Tomatoes [tomatoes, tomato puree, sea salt, citric acid], Chili Powder, Ground Cumin, Onion Powder, Granulated Garlic, Dried Oregano, Ancho Chili Powder, Tomato Paste [tomato paste, citric acid], Ascorbic Acid [ascorbic acid])

### Allergen information:

Contains Milk

*Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.*

*Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.*