



**GREEN
CHEF**

BEEF & MUSHROOM CHILI

roasted peppers, adobo tomatoes, cilantro crema, cheddar

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

610

NET CARBS PER SERVING

18 GRAMS

MENU

KETO // GLUTEN-FREE

This cozy chili is simple to make (everything comes together in a single pot!) and ready to eat in 30 minutes. Ground beef and veggies (think cremini mushrooms, bell pepper, and roasted red peppers) simmer with peppery adobo-seasoned tomatoes to create a flavor-packed punch. Customize your bowl with three swoon-worthy toppings: spiced cilantro-lime crema, sharp cheddar cheese, and fresh scallion greens.

INGREDIENTS (9 ITEMS)

4 oz **Cremini mushrooms**
1 unit **Green bell pepper**
1 whole **Scallion**
1 whole **Yellow onion**
2¼ oz **Roasted red peppers**
10 oz **Ground beef***
7¾ oz **Adobo-seasoned tomatoes**
1¾ oz **Spiced cilantro-lime crema** M
1 oz **Sharp cheddar cheese** M

WHAT YOU'LL NEED

medium pot
measuring cup & spoons
thermometer
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 Safe Spot Program.

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

*Ground beef is fully cooked when internal temperature reaches 160 degrees.

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 greenchef.com/faq for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1

PREP

- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Quarter mushrooms.
- Medium dice **green bell pepper*** into pieces, about ½ inch each.
- Trim and thinly slice **scallion**, separating whites from greens.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.

**The ingredient you received may be a different color.*

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 **mushrooms, bell pepper, scallion whites, onion, and roasted red peppers** to hot pot. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine. Cook 4–5 minutes, or until onion begins to brown, stirring frequently.

3

ADD BEEF

- Add **ground beef** to pot. Cook 3–4 minutes, or until fully cooked, breaking up **beef** into pieces.

4

FINISH CHILI

- Add **adobo-seasoned tomatoes** and about 1½ cups water to pot. Season with about ¼ teaspoon salt. Stir to combine. Reduce heat to medium low. Simmer 8–10 minutes, or until flavors meld, stirring occasionally. Season with 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 dish.*

5

PLATE YOUR DISH

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



Nutrition Facts

2 Servings per container

Serving size (492g)

Amount per serving

Calories 610

	% Daily Value*
Total Fat 43g	55%
Saturated Fat 14g	70%
Trans Fat 1g	
Cholesterol 120mg	40%
Sodium 1180mg	51%
Total Carbohydrate 23g	8%
Dietary Fiber 5g	18%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 35g	
Vitamin D 0mcg	0%
Calcium 196mg	15%
Iron 6mg	35%
Potassium 1405mg	30%

* 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:

Ground Beef [beef], **Scallions**, **Cremini Mushrooms**, **Bell Peppers**, **Roasted Red Peppers** [bell pepper], **Adobo-Seasoned Tomatoes** (Ground Tomatoes [organic tomatoes, organic tomato puree, sea salt, citric acid], Chili Powder [chili pepper, paprika, oregano, cumin, garlic, salt, spices], Ground Cumin, Onion Powder, Granulated Garlic, Dried Oregano, Ancho Chili Powder, Tomato Paste [vine ripened organic tomatoes], Ascorbic Acid [ascorbic acid]), **Sharp Cheddar Cheese** [part-skim milk, cheese cultures, salt, enzymes, annatto, anti caking agent (potato starch powdered cellulose, natamycin)], **Cilantro-Lime Crema** (Cilantro, Sour Cream [cultured cream], Lime Juice [lime], Sea Salt, Ground Coriander, Granulated Garlic), **Yellow Onion**

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.