



Beef and White Bean Chili

with Couscous



20-30min



2 Servings

A quick beef and bean chili may seem like a contradiction, but happily it's not! For this hearty weeknight dinner, we simmer garlic, chopped canned tomatoes, sweet bell peppers, grass-fed beef, and white beans into a hearty chili in just 20 minutes. Cook, relax, and enjoy!

What we send

- taco seasoning
- garlic
- canned whole-peeled tomatoes
- canned cannellini beans
- red bell pepper
- fresh cilantro
- lime
- grass-fed ground beef

What you need

- kosher salt & ground pepper
- olive oil

Tools

- medium saucepan
- small saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 795.0kcal, Fat 27.0g, Proteins 53.0g, Carbs 91.0g



1. Prep ingredients

Peel and finely chop **2 large garlic cloves**. Halve **bell pepper**, remove stem, core, and seeds, then finely chop. Finely chop **cilantro leaves and tender stems**. Using kitchen shears, finely chop **tomatoes** in their can. Cut **lime** into quarters.



4. Make chili

Add **tomatoes and their liquid** to saucepan along with **beans and their liquid**. Add **all but 2 tablespoons cilantro leaves and stems** to the saucepan (reserve rest for step 6). Cook over medium-high, stirring occasionally, until chili is slightly thickened, 6-8 minutes. Season to taste with **salt** and **pepper**.



2. Sauté peppers

Heat **2 teaspoons oil** in a medium saucepan over medium-high. Add **chopped garlic** and **bell pepper** to saucepan and cook, stirring, until soft, about 5 minutes.



5. Cook couscous

Meanwhile, bring **1 cup water** and **¼ teaspoon salt** to a boil in a small saucepan. Add **couscous**, stir, cover, and remove from heat. Let stand until water is absorbed, about 5 minutes. Remove lid and fluff with a fork.



3. Brown ground beef

Add **beef** to the saucepan along with **1 tablespoon taco seasoning** (save rest for own use) and **1 teaspoon salt**. Cook over medium-high, breaking up larger pieces of beef with a spoon, until browned, about 5 minutes.



6. Finish & serve

Divide **couscous** between bowls and top with **chili**. Garnish with **reserved cilantro** and serve with **lime wedges**. Enjoy!