



Red Bean & Sweet Potato Chili

with Green Rice & Sour Cream



30-40min



4 Servings

This veggie chili is loaded with good-for-you sweet potatoes and heart-healthy red kidney beans. You won't miss the meat! The beans and veggies stew along with other aromatics and seasoning like tomato paste, green bell pepper, chorizo chili spice, and a kiss of orange juice that adds a subtle sweetness and tangy acid to balance out the rich spices. Cook, relax, and enjoy! ...

What we send

- green bell pepper
- scallions
- navel orange
- canned kidney beans
- sweet potato
- tomato paste
- basmati rice
- fresh cilantro
- chorizo chili spice blend

What you need

- kosher salt & ground pepper
- olive oil

Tools

- fine-mesh sieve
- large pot
- medium 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.

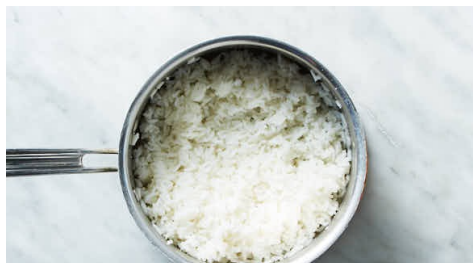
We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

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

Nutrition per serving

Calories 720.0kcal, Fat 16.0g, Proteins 21.0g, Carbs 123.0g



1. Cook rice

Rinse **rice** in a fine-mesh sieve until the water runs clear. Add to a medium saucepan along with **2 cups water** and **1 teaspoon salt**. Bring to a boil. Cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Remove from heat. Cover to keep warm.



4. Sauté aromatics

Add **all of the tomato paste, chorizo chili spice blend, orange zest, and half of the scallions**. Cook, stirring, until ingredients are combined and chorizo chili spice is fragrant, about 30 seconds.



2. Prep ingredients

Scrub or peel **sweet potatoes** and cut into 1-inch pieces. Halve **pepper**, remove stem, core and seeds, then cut into ½-inch pieces. Trim ends from **scallions**, then thinly slice. Finely grate **½ teaspoon orange zest**, then squeeze **⅓ cup juice**, keeping them separate.



5. Add beans & liquid

Add **all of the beans and their liquid, orange juice, and 3 cups water**. Cover and bring to a boil. Uncover, reduce to medium-high, and cook until **sweet potatoes** are tender and liquid is slightly reduced, 10-12 minutes. Season to taste with **salt and pepper**.



3. Sauté potatoes & peppers

Heat **3 tablespoons oil** in a large pot over medium-high. Add **potatoes and peppers** to the pot. Cook, stirring occasionally, until browned in spots, 6-8 minutes.



6. Finish & serve

Pick **¼ cup whole cilantro leaves**. Finely chop **remaining cilantro leaves and stems**. Fluff **rice** with a fork, then stir in **chopped cilantro**. Garnish **chili** with **whole cilantro leaves** and **remaining scallions**. Serve with **rice** and **sour cream**. Enjoy!