



# One-Pot Chipotle Black Bean & Veggie Chili

with Avocado Crema & Cheddar Cheese

WINTER WARMERS

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Celery



Garlic



Carrot



Sweetcorn



Black Beans



Tex-Mex Spice Blend



Passata



Vegetable Stock Powder



Avocado



Light Sour Cream



Mild Chipotle Sauce



Shredded Cheddar Cheese



Mild Chorizo

Prep in: 15-25 mins  
Ready in: 35-45 mins

A bountiful veggie bowl is just what the doctor ordered! If the bright colours of the dish don't pull you in, the chipotle black bean and Tex-Mex spiced stew will definitely make a serious impression. To make things a little extra fancy, whip up a quick avocado crema to dollop on top!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Brown Sugar, Butter

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large pot or saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
celery	1 medium bag	1 large bag
garlic	3 cloves	6 cloves
carrot	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
black beans	1 packet	2 packets
Tex-Mex spice blend	1 medium sachet	2 medium sachets
passata	1 box	2 boxes
vegetable stock powder	1 medium sachet	1 large sachet
<b>water*</b>	¾ cup	1½ cups
<b>brown sugar*</b>	1 tsp	2 tsp
avocado	1	2
light sour cream	1 medium packet	1 large packet
<b>butter*</b>	20g	40g
mild chipotle sauce	1 packet	2 packets
shredded Cheddar cheese	1 medium packet	1 large packet
mild chorizo**	1 packet (250g)	2 packets (500g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3202kJ (765Cal)	449kJ (107Cal)
Protein (g)	29g	4.1g
Fat, total (g)	45.8g	6.4g
- saturated (g)	17.4g	2.4g
Carbohydrate (g)	52.6g	7.4g
- sugars (g)	23.8g	3.3g
Sodium (mg)	2040mg	286mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4627kJ (1106Cal)	552kJ (132Cal)
Protein (g)	51.9g	6.2g
Fat, total (g)	72.6g	8.7g
- saturated (g)	27.5g	3.3g
Carbohydrate (g)	54.6g	6.5g
- sugars (g)	25.8g	3.1g
Sodium (mg)	3429mg	409mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



## Get prepped

- Finely chop **celery**.
- Finely chop **garlic**.
- Thinly slice **carrot** into half-moons.
- Drain **sweetcorn**.
- Drain **black beans** (but don't rinse).

**TIP:** Not rinsing the beans helps to thicken the sauce.

**Custom Recipe:** If you've added mild chorizo, roughly chop chorizo.



## Make the avocado crema

- While veggies are simmering, cut **avocado** into 1cm cubes.
- In a small bowl, add **avocado** and **light sour cream** and lightly mash with a fork until combined. Season to taste.
- When veggies are tender, remove pan from the heat and stir through the **butter** and **mild chipotle sauce**. Season to taste with **salt** and **pepper**.



## Cook the veggies

- In a large pot or saucepan, heat a generous drizzle of **olive oil** over medium-high heat.
- Add **celery** and **carrot** and cook, stirring, until softened, **3-4 minutes**. Add **garlic** and **Tex-Mex spice blend** and cook until fragrant, **1-2 minutes**.
- To the pot with veggies, add **black beans**, **corn**, **passata**, **vegetable stock powder**, the **water** and the **brown sugar**. Stir to combine.
- Cover with a lid and bring to the boil, then reduce the heat to medium and simmer, covered and stirring occasionally, until veggies are tender, **15-20 minutes**.

**Custom Recipe:** Heat pan as above. Cook chorizo with the veggies, stirring, until golden, 4-6 minutes. Continue with the step.



## Serve up

- Divide the one-pot black bean, veggie and chipotle stew between bowls.
- Top with **shredded Cheddar cheese** and avocado crema to serve. Enjoy!

## Rate your recipe

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