

Beyond Beef™ & Sweet Potato Chili

with Lime Yogurt & Homemade Tortilla Strips

4 SERVINGS

55-65 MINS

 **Blue Apron**
blueapron.com




Look for customizable options coming to all customers soon!

 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an  icon) and instructions tailored to you.*

Ingredients



16 oz Plant-Based Ground Beyond Beef™ 



1 15.5-oz can Black Beans



1 Red Onion




1 lb Sweet Potatoes



1 Tbsp Mexican Spice Blend¹



18 oz Ground Turkey 



1 15-oz can Crushed Tomatoes



4 Scallions



2 Tbsps Vegetable Demi-Glace



4 Flour Tortillas



2 cloves Garlic



1 Lime



½ cup Plain Nonfat Greek Yogurt



Serve with Blue Apron wine that has this symbol
blueapron.com/wine



13 10 7

SmartPoints® value per serving (as packaged)



Scan this barcode in your WW app to track SmartPoints. Wine is not included in SmartPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

SmartPoints reflect the **customized version** of this recipe and may differ depending on your chosen ingredients.

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1. Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano
*Ingredients may be replaced and quantities may vary.

1 Prepare the ingredients

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Halve, peel, and medium dice the **onion**.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Peel and roughly chop **2 cloves of garlic**.
- Drain and rinse the **beans**.
- Medium dice the **sweet potatoes**.
- Halve the **lime** crosswise.
- Evenly stack the **tortillas**; halve lengthwise, then cut crosswise into 1/2-inch-wide strips.



2 Start the chili

- In a large, high-sided pan (or pot) heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **diced onion, sliced white bottoms of the scallions, and chopped garlic**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until softened.
- Add the **spice blend**. Cook, stirring constantly, 1 to 2 minutes, or until thoroughly combined and fragrant.
- Add the **Beyond Beef™**; season with salt and pepper. Cook, stirring frequently and breaking apart with a spoon, 2 to 3 minutes, or until lightly browned.



↩ CUSTOMIZED STEP 2 If you chose Turkey

- Start the chili as directed, using the **turkey** (instead of Beyond Beef™).

3 Finish the chili

- Add the **drained beans, tomatoes, diced sweet potatoes, demi-glace, and 3 cups of water**. Season with salt and pepper.
- Reduce the heat to **medium** and cook, stirring occasionally, 30 to 35 minutes, or until the sweet potatoes are tender when pierced with a fork and the Beyond Beef™ is cooked through.
- Turn off the heat; stir in the **juice of 1 lime half**. Taste, then season with salt and pepper if desired.



↩ CUSTOMIZED STEP 3 If you chose Turkey

- Finish the chili as directed, until the turkey is cooked through.

4 Make the crispy tortilla strips

- Meanwhile, place the **tortilla strips** on a sheet pan. Drizzle with **2 teaspoons of olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Toast in the oven 6 to 7 minutes, or until lightly browned and crispy.
- Remove from the oven.



5 Make the lime yogurt & serve your dish

- Meanwhile, in a bowl, combine the **yogurt and the juice of the remaining lime half**. Season with salt and pepper.
- Serve the **finished chili** topped with the **lime yogurt, crispy tortilla strips, and sliced green tops of the scallions**. Enjoy!



NUTRITION PER SERVING (AS PREPARED)**

Calories: 690, Total Carbohydrates: 79g, Dietary Fiber: 16g, Added Sugars: 0g, Total Fat: 27g, Saturated Fat: 7g, Protein: 39g, Sodium: 1410mg.

**For information about our wellness labels visit us at blueapron.com/wellness. SmartPoints are calculated based on as packaged. To view this meal's FULL NUTRITION FACTS and any customizations you may have applied, select this recipe from your Current page in the Blue Apron app or blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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