



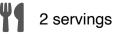


# **Slow Cooker Chipotle Beef Chilli**

Hearty beef chuck, slow cooked in a customer-blend chipotle spice mix with sweet potatoes and veggies, served with diced avocado, coriander leaves, dollops of sour cream and crunchy corn chips.







# No Slow-

No worries! Just simmer the browned beef, veggies, spice mix, and water in a covered pot on the stove for 2 hours, then shred the beef, add capsicum and corn, and cook uncovered for 20 minutes more.

PROTEIN TOTAL FAT CARBOHYDRATE

#### FROM YOUR BOX

BEEF CHUCK ROAST	400g
CORIANDER	1 packet
BROWN ONION	1
SWEET POTATO	300g
TOMATO PASTE	1 sachet
CHIPOTLE SPICE MIX	1 packet
RED CAPSICUM	1
CORN COB	1
AVOCADO	1
SOUR CREAM	1 tub
TOTOPOS CHIPS	1 packet

#### **PANTRY**

oil for cooking, salt, pepper

#### **KEY UTENSILS**

large frypan, slow cooker

#### **NOTES**

You can leave the beef whole and cook on low for 8 hours/ while you're at work if you like. To speed up cooking time, you can halve or quarter the beef and cook on high as recommended

If your slow cooker has a sauté function, you can sear the meat in the cooker instead of in a frypan.

**Protein Upsize Option:** when adding extra meat, increase liquid in your slow cooker by adding 1/2 cup water to ensure even cooking.

Chipotle spice mix: smoked paprika, dried oregano, ground chipotle, garlic powder, ground coriander, ground cumin, brown sugar



## 1. BROWN THE BEEF

Heat a frypan with **oil** over high heat. Add **beef** and brown on both sides (see notes). Season with **salt and pepper**.



# 2. PREPARE THE VEGETABLES

Finely chop **coriander** roots and stems (reserve leaves for garnish). Dice **onion** and **sweet potato**. Add to slow cooker as you go along with **tomato paste** and **chipotle spice mix**.



#### 3. SIMMER THE CHILLI

Add beef to slow cooker along with **500ml** water. Simmer on high heat for 4-5 hours (see step 4).



## 4. SHRED THE BEEF

Remove beef from slow cooker and use 2 forks to shred. Dice **capsicum** and remove **corn** kernels from the cob. Add all back to the slow cooker and cook for further 20 minutes.



## 5. PREPARE THE TOPPINGS

Dice **avocados**. Set aside with **sour cream**, coriander leaves and **totopos chips**.



#### 6. FINISH AND SERVE

Garnish chilli with avocado and coriander leaves. Serve with sour cream and chips.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au** 



