



ULTIMATE CHILLI WITH EASY CORNBREAD

SERVES 2 OR 4
TIME: 45 MIN
CALORIES: 940/SERVING



This is our hearty vegan take on the classic pairing of chilli and cornbread. The sweetness of the cornbread is the perfect companion for the spiciness of the chilli.

WHAT YOU'LL NEED

- Small baking pan or cast iron skillet
- Medium pot
- Oil
- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE 2 servings 4 servings

Garlic	2 cloves	4 cloves
Onion	1	2
Sweet potato	1	2
Tomato base	2 cups	4 cups
Bean mix	2 cups	4 cups
Jalapeño	1	2
Cornbread mix	1 cup	2 cups
Ground flax	1 tbsp	2 tbsp
Almond milk	1/2 cup	1 cup
Lime	1	1
Spice blend	2 tbsp	4 tbsp

Nutrition Facts		Valeur nutritive	
Per Serving (1060 g)			
pour 1 (1060 g)			
Calories 940		% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides 33 g			44 %
Saturated / saturés 4.5 g			23 %
+ Trans / trans 0 g			
Carbohydrate / Glucides 143 g			
Fibre / Fibres 27 g			96 %
Sugars / Sucres 27 g			27 %
Protein / Protéines 26 g			
Cholesterol / Cholestérol 0 mg			0 %
Sodium 2170 mg			94 %
Potassium 2250 mg			48 %
Calcium 600 mg			46 %
Iron / Fer 11.5 mg			64 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			



Preheat the oven to 375°F. then prep ingredients: Mince the **garlic**, dice the **onion** and **sweet potato**, dice **half the jalapeño** and slice the **other half**, and cut the **lime** into wedges. Mix the **ground flax** with 3 tbsp of **water** (6 tbsp for 4 servings) and set aside to thicken.



Heat 1 tbsp of **oil** (2 tbsp for 4 servings) in a medium pot over medium heat. Add the **garlic**, **onion** and **sweet potato** and sauté for 5-7 minutes, stirring frequently, until the **onions** are translucent and the **potato** begins to soften.



Add the **spice blend** and a pinch of **salt** and **pepper** and stir for 30 seconds until fragrant. Add in the **tomato base**, **bean mix**, and 1 **cup of water** (2 cups for 4 servings). Bring to a boil then reduce heat and simmer for 30-40 minutes until the mixture is thick and sweet potatoes are cooked through.



Meanwhile, grease a small baking pan or cast iron skillet with **oil**. Whisk the **flax mixture**, **almond milk**, and 3 tbsp of **oil** (6 tbsp for 4 servings) in a large bowl. Gently stir in the **dry mixture** and the **diced jalapeño** (optional). Let sit for 10 minutes, then pour **batter** into the pan and bake for 20-25 minutes, until golden brown.



Divide **chilli** into bowls and serve with **sliced jalapeño**, **lime wedges**, and **cornbread**.