



SHOP IT! MISE IT! MAKE IT!
CHANGE THE WAY YOU COOK

Skillet Chipotle Beef Chili Bowls

Recipe Source:

<https://www.cookscountry.com/recipes/13290-skillet-chipotle-beef-chili-bowls-with-lime-cilantro-crema>

Serves: 4

Effort: Run of the Mill

 SHOP IT!

 MISE IT!

 MAKE IT!

Produce		Small Bowl		1
1 Bunch Cilantro	●	1/4 tsp salt		
2 Limes	○	1 tbs lime juice		
1 Red Pepper	○	1 tsp lime zest	finely grated	
1 Small Onion	○	2 tbs cilantro	minced	
1 Head Garlic	●	1/2 c. sour cream		
Meat		Medium Bowl		2
1 Sm Pack Lean Ground Beef	○	1/4 tsp salt		
Dairy		pinch pepper		
1 Sm Sour Cream	○	1/4 tsp baking soda		
Pantry		1 tbs water		
Small Box Baking Soda	●	1 lb lean ground beef		
1 Lg Can Tomato Sauce	●	Mini Bowl		3
1 Sm Can Black Beans	○	1 tbs vegetable oil		
Small Bag Long Grain Rice	●	1 c. Scoop		4
Vegetable Oil	●	1 c. long grain white rice		
Spices		Large Measuring Cup		5
Salt and Pepper	●	1/2 tsp salt		
Ground Cumin	●	2 c. water		
Chipotle Chili Powder	●	Mini Bowl		6
		2 tbs lime juice		
		1 tsp lime zest		
		Mini Bowl		7
		1 tbs vegetable oil		
		Small Bowl		8
		1 Red Pepper	stemmed, seeded, buzzed	

DO	WITH	HOW	IMPORTANT
Adjust/Place	Oven Rack + Serving Bowls	4 individual serving bowls in the oven	Middle Position
Heat	Oven		200 Degrees
Toss	2	UNTIL thoroughly combined	
Set Aside	2		20 mins.
For the Lime Cilantro Crema			
Whisk	1	Together	
Cover/Refrigerate	Lime Cilantro Crema	UNTIL ready to serve	
For the Rice			
Heat	3	in 12" skillet UNTIL shimmering	Medium Heat
Add/Cook	4	Stirring often, UNTIL edges of grains turn translucent	About 2 mins.
Add/Bring	5	To a boil	
Cover/Reduce/Simmer	Rice	UNTIL liquid is absorbed and rice is tender	Low Heat About 20 mins.
Off Heat/Ad/Fluff	6	Gently with fork to incorporate	
Portion	Rice	Into warmed serving bowls	
Cover/Keep warm	Rice in bowls	With aluminum foil and in oven	
For the Chili			
Heat	7	In now empty skillet UNTIL shimmering	Medium Heat
Add/Cook	8	UNTIL just beginning to brown	5-7 mins
Add/Cook	2	Breaking up with a metal whisk UNTIL no longer pink	6-8 mins
Stir/Cook	9	UNTIL fragrant	About 1 min
Stir/Cook	10	UNTIL slightly thickened	About 3 mins
Spoon	Chili	Over rice bowls	
Sprinkle	11		
SERVE		Passing Lime Cilantro Crema	

