



Carb Smart Beef Taco Soup

with Crushed Tortilla Chips

Smart Meal

25 Minutes

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Swap



Chorizo Sausage, uncased
250 g | 500 g

Swap



Beyond Meat®
2 | 4



Ground Beef
250 g | 500 g



Tortilla Chips
42 ½ g | 85 g



Sweet Bell Pepper
1 | 2



Tomato
1 | 2



Yellow Onion
1 | 2



Cilantro
7 g | 14 g



Cream Cheese
2 | 4



Cheddar Cheese, shredded
¼ cup | ½ cup



Crushed Tomatoes
369 ml | 738 ml



Beef Stock Powder
7 ¼ g | 15 g



Enchilada Spice Blend
8 g | 16 g



Mexican Seasoning
8 g | 16 g

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ingredient quantities 56 g | 113 g
2-serving | 4-serving

Pantry items | Sugar, oil, salt, pepper

Cooking utensils | Baking sheet, large pot, measuring cups, measuring spoons

1



Prep

- Before starting, preheat the oven to 350 °F.
- Wash and dry all produce.
- Core, then cut **pepper** into ½-inch pieces.
- Cut **tomatoes** into ¼-inch pieces.
- Peel, then cut **onion** into ¼-inch pieces.
- Roughly chop **cilantro**.

2



Cook beef and veggies

🔄 Swap | **Chorizo Sausage, uncased**

🔄 Swap | **Beyond Meat®**

- In a large pot, heat **2 tsp** (4 tsp) **oil** over medium-high.
- When the pan is hot, add **beef, onions** and **peppers**. Cook for 4-5 min, stirring often, until no pink remains.** Season with **salt** and **pepper**.

3



Start soup

- Add **Enchilada Spice Blend, crushed tomatoes, stock powder, cream cheese, half the Mexican Seasoning, ¼ tsp** (½ tsp) **sugar** and **2 cups** (4 cups) **water**. Bring to a boil, then reduce heat to medium-low. Cook for 5-7 min, until **cream cheese** melts and **liquid** is reduced slightly.

4



Toast tortilla chips

- Meanwhile, on an unlined baking sheet, add **half the tortilla chips** (use all for 4 servings), **1 ½ tsp** (3 tsp) **oil** and **remaining Mexican Spice Blend**. Season with **salt** and **pepper**, then toss to combine.
- Bake in the **bottom** of the oven for 2 min, until lightly toasted.

5



Finish and serve

- Divide **soup** between bowls.
- Crush **tortilla chips** over top, then garnish with **cheese, tomato** and **cilantro**.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Cook chorizo and veggies

🔄 Swap | **Chorizo Sausage, uncased**

If you've opted to get **chorizo**, cook in the same way the recipe instructs you to cook the **beef****.

2 | Cook Beyond Meat® and veggies

🔄 Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, cook for 5-6 min, in the same way as the **beef**, breaking up **patties** into smaller pieces, until crispy.**

** Cook to a minimum internal temperature of 165°F.