



Corn and Black Bean Stew

with Guacamole and Spiced Tortilla Chips

Veggie 30 Minutes



Black Beans



Green Bell Pepper



Tomato Salsa



Enchilada Spice Blend



Garlic Salt



Canned Corn



Vegetable Broth Concentrate



Guacamole



Cilantro



Lime



Tortilla Chips

HELLO ENCHILADA SPICE BLEND

This savoury spice blend combines warming spices with aromatic onion and garlic!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, potato masher, strainer, measuring cups, large pot

Ingredients

	2 Person	4 Person
Black Beans	370 ml	740 ml
Green Bell Pepper	200 g	400 g
Tomato Salsa	1 cup	2 cup
Enchilada Spice Blend	2 tbsp	4 tbsp
Garlic Salt	1 tsp	2 tsp
Canned Corn	½ can	1 can
Vegetable Broth Concentrate	1	2
Guacamole	3 tbsp	6 tbsp
Cilantro	7 g	14 g
Lime	½	1
Tortilla Chips	85 g	170 g
Oil*		
Salt and Pepper*		

* Pantry items

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.

Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



Prep

Core, then cut **pepper** into ¼-inch pieces. Drain **corn**, reserving **liquid**. Drain **black beans**, reserving **liquid**. Roughly chop **cilantro**. Cut **half the lime** into wedges (whole lime for 4 ppl).



Cook stew

Add **broth concentrate**, **peppers**, **half the cilantro**, **half the corn** (use all for 4 ppl), **half the corn liquid** (use all for 4 ppl) and **1 cup water** (dbl for 4 ppl) to the pot with **beans**. Return the pot to medium-high. Bring to a simmer. Once simmering, reduce heat to medium. Cover and cook, stirring occasionally, until **peppers** are tender, 8-10 min. Season with **salt** and **pepper**, to taste.



Cook black beans

Heat a large pot over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **black beans** and **three-quarters of the Enchilada Spice Blend**. Cook, stirring often, until fragrant, 30 sec. Add **bean liquid** and **salsa**. Season with **garlic salt** and **pepper**, then stir to combine. Bring to a simmer. Once simmering, reduce heat to medium. Cover and cook, stirring occasionally, until **beans** soften slightly, 3-4 min.



Toast tortilla chips

Meanwhile, arrange **tortillas** in a single layer on an unlined baking sheet. Toast in the **middle** of the oven until **tortilla chips** are warmed through and fragrant, 3-4 min. (**NOTE:** For 4 ppl, use 2 baking sheets. Toast in the middle and top of the oven, rotating sheets halfway through.) Remove **tortilla chips** from the oven and immediately sprinkle with **remaining Enchilada Spice Blend** and **a pinch of salt**.



Mash black beans

Remove the pot from heat. Carefully mash **most of the beans**, leaving a few whole. (**NOTE:** The more beans that are mashed, the creamier the stew will be!)



Finish and serve

Divide **stew** between bowls. Dollop **guacamole** over top. Sprinkle with **remaining cilantro**. Squeeze a **lime wedge** over top. Serve **spiced tortilla chips** alongside for dipping.

Dinner Solved!