



One-Pot Tortilla Soup

with Meatless Farm® Protein, Black Beans and Peppers

Veggie

30 Minutes



Meatless Farm®



Flour Tortillas, 6-inch



Sweet Bell Pepper



Lime



Cilantro



Black Beans



Crushed Tomatoes



Mexican Seasoning



Sweet Potato



Vegetable Broth Concentrate

HELLO LIME ZEST

Punch up the flavour of tortilla soup with a sprinkle of lime zest!

Start here

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

Bust out

Baking sheet, measuring spoons, measuring cups, large pot, vegetable peeler, zester

Ingredients

	2 Person	4 Person
Meatless Farm®	2	4
Flour Tortillas, 6-inch	3	6
Sweet Bell Pepper	160 g	320 g
Lime	1	1
Cilantro	7 g	7 g
Black Beans	370 ml	740 ml
Crushed Tomatoes	370 ml	740 ml
Mexican Seasoning	2 tbsp	4 tbsp
Sweet Potato	170 g	340 g
Vegetable Broth Concentrate	1	2
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

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.

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Prep

Core, then cut **pepper** into ½ inch pieces. Peel, then cut **sweet potato** into ½-inch pieces. Roughly chop **cilantro**. Zest **half the lime** (whole lime for 4 ppl), then cut into wedges.



Make soup

Add **sweet potatoes** and **2 tsp Mexican Seasoning** (dbl for 4 ppl) to the pot. Cook, stirring often, until fragrant, 1 min. Add **beans** (including liquid), **crushed tomatoes**, **broth concentrate** and **1 ½ cups water** (dbl for 4 ppl). Bring to a boil over high. Once boiling, reduce heat to medium. Simmer, stirring occasionally, until **sweet potatoes** are tender, 10-12 min. Stir in **peppers** and **lime zest**. Season with **salt** and **pepper**, to taste.



Cook peppers

Heat a large pot over medium heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **peppers**. Cook, stirring occasionally, until tender-crisp, 3-4 min. Season with **salt** and **pepper**, then transfer to a plate.



Make tortilla crisps

While **soup** simmers, cut **3 tortillas** into ½-inch x 2-inch strips (use all 6 tortillas for 4 ppl). Add **tortilla strips**, **remaining Mexican Seasoning** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **pepper**, then toss to coat and arrange in a single layer. Bake in the **middle** of the oven, tossing halfway through, until edges begin to brown, 5-6 min.



Cook Meatless Farm® protein

Heat the same pot over medium. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **Meatless Farm® patties**. Cook, breaking up **patties** into bite-sized pieces, until slightly crispy, 4-6 min.**



Finish and serve

Divide **soup** between bowls. Sprinkle **cilantro** and **tortilla crisps** over top. Squeeze over a **lime wedge**, if desired.

Dinner Solved!