



# Tex-Mex Lentil Tortilla Soup

with Peppers and Corn

Veggie

Spicy

35 Minutes



**CUSTOM RECIPE**  
This is a Custom Recipe. If you chose to add protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!



Red Lentils



Beyond Meat®



Vegetable Broth Concentrate



Guacamole



Crushed Tomatoes



Green Bell Pepper



Enchilada Spice Blend



Tex-Mex Paste



Cilantro



Tortilla Chips



Red Onion



Corn Kernels



Garlic, cloves



Jalapeño

## HELLO TEX-MEX PASTE

Smoky, sweet and spicy combine for the perfect Tex-Mex flavour!

## Start here

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

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

## Bust out

2 Baking sheets, measuring spoons, strainer, measuring cups, large pot

## Ingredients

	2 Person	4 Person
Red Lentils	½ cup	1 cup
Beyond Meat®	2	4
Vegetable Broth Concentrate	2	4
Guacamole	3 tbsp	6 tbsp
Crushed Tomatoes	1	2
Green Bell Pepper	200 g	400 g
Enchilada Spice Blend	2 tbsp	4 tbsp
Tex-Mex Paste	1 tbsp	2 tbsp
Cilantro	7 g	14 g
Tortilla Chips	85 g	170 g
Red Onion	56 g	113 g
Corn Kernels	113 g	227 g
Garlic, cloves	3	6
Jalapeño 🌶️	1	1
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.

## Contact

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### Prep

- Peel, then cut **half the onion** into ½-inch pieces (whole onion for 4 ppl).
- Peel, then mince or grate **garlic**.
- Core, then cut **pepper** into ½-inch pieces.
- Core, then finely chop **half the jalapeño**, removing seeds for less heat. (**TIP:** We suggest using gloves when prepping jalapeños!)
- Rinse **lentils** in a strainer until water runs clear.



### Finish soup

- Add **lentils, broth concentrates** and **2 ½ cups** (5 cups) **water** to the same pot. Bring to a boil over high heat.
- Once boiling, reduce heat to medium. Cook, stirring often, until **lentils** soften, 10-15 min.
- Add **crushed tomatoes**. Cook, stirring occasionally, until **soup** thickens slightly, 5-6 min.
- Season with **salt** and **pepper**.
- Stir in **veggies** once they are cooked.



### Roast veggies

- Add **peppers, onions, corn, half the Enchilada Spice Blend** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Bake in the **middle** of the oven, stirring halfway through, until tender-crisp, 18-20 min.
- Set aside.



### Toast chips

- Meanwhile, add **tortilla chips, remaining Enchilada Seasoning** and **1 tbsp oil** to another unlined baking sheet, then toss to combine. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.)
- Toast in the **top** of the oven, until crisp and fragrant, 2-3 min. (**NOTE:** For 4 ppl, toast in the top and bottom of the oven, rotating sheets halfway through.)
- Season with **salt** and **pepper**, to taste.



### Start soup

- Meanwhile, heat a large pot over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then add **garlic, 1 tbsp** (2 tbsp) **jalapeño** and **Tex-Mex paste**. Cook, stirring often, until fragrant, 1-2 min.

If you've opted to get **Beyond Meat®**, add **patties** to the pot with **jalapeños** and **Tex-Mex paste**. Cook, breaking up **patties** into bite-sized pieces, until crispy, 5-6 min. \*\* Season with **salt** and **pepper**.



### Finish and serve

- Divide **soup** between bowls.
- Dollop **guacamole** over top.
- Tear **cilantro** and sprinkle over top.
- Sprinkle with **more jalapeños**, if desired.
- Crush **as many tortilla chips** over **soup** as desired. Serve **any remaining chips** on the side.

## Dinner Solved!