



TORTILLA SOUP

with Black Beans, Corn and Bell Pepper

VEGGIE



HELLO TORTILLA SOUP

A hearty Mexican-inspired soup topped with crispy tortilla chips and shredded cheese

TIME: 30 MIN



Black Beans



Crushed Tomatoes



Green Bell Pepper



Jalapeño



Corn Kernels



Avocado



Smoked Cheddar Cheese, shredded



Mexican Seasoning



Vegetable Broth Concentrate



Lime



Tortilla Chips



Garlic



Shallot

BUST OUT

- Garlic Press
- Zester
- Large Pot
- Large Non-Stick Pan
- Measuring Cups
- Medium Bowl
- Measuring Spoons
- Salt and Pepper
- Strainer
- Olive or Canola Oil

INGREDIENTS

2-person | 4-person

- Black Beans 1 can | 2 can
- Crushed Tomatoes 1 box | 2 box
- Green Bell Pepper 200 g | 400 g
- Jalapeño 1 | 2
- Corn Kernels 113 g | 227 g
- Avocado 1 | 2
- Smoked Cheddar Cheese, shredded 2 ¼ cup | ½ cup
- Mexican Seasoning 1 tbsp | 2 tbsp
- Vegetable Broth Concentrate 1 | 2
- Lime 1 | 2
- Tortilla Chips 4 85 g | 170 g
- Garlic 6 g | 12 g
- Shallot 50 g | 100 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Fish/Poisson
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG



In Step 5, when preparing the jalapeño, use kitchen gloves to protect your hands, if desired! In Step 5, use this heat guide to determine what spice level you prefer (dbl each measurement for 4 ppl): **½ tbsp** mild, **1 tbsp** medium, **1 ½ tbsp** spicy and **2 tbsp** extra-spicy!



1 PREP

Wash and dry all produce.* Core, then cut **bell pepper(s)** into ½-inch pieces. Peel, then mince or grate **garlic**. Peel, then cut **shallot(s)** into ¼-inch pieces. Drain and rinse **beans**.



4 CHAR VEGGIES

Meanwhile, heat a large non-stick pan over medium-high heat. When hot, add **corn** and **green peppers** to the dry pan. Cook, stirring occasionally, until charred or dark golden-brown, 3-4 min. (**TIP:** Don't overcrowd the pan; cook veggies in two batches for 4 ppl!) Transfer to a medium bowl and set aside.



2 COOK SHALLOTS

Heat a large pot over medium heat. When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **shallots, garlic** and **1 tbsp Mexican seasoning** (dbl for 4 ppl). Cook, stirring together, until **shallots** soften, 2-3 min.



5 FINISH VEGGIES

Peel, pit, then cut **avocado(s)** into ½-inch pieces. Finely chop **jalapeño**, removing seeds for less heat. Zest, then juice **half the lime** (1 lime for 4 ppl). Cut **remaining lime** into wedges. To the same bowl with **corn** and **peppers**, add **lime zest, lime juice, avocado** and **2 tbsp jalapeño** (dbl for 4 ppl). (**NOTE:** Reference heat guide in Start Strong.) Season with **salt** and **pepper**. Toss together.



3 SIMMER SOUP

To the pot, add **crushed tomatoes, broth concentrate(s), beans** and **2 cups water** (dbl for 4 ppl). Bring to a boil over high heat. Once boiling, reduce the heat to medium. Season with **salt** and **pepper**. Simmer, stirring occasionally, until **soup** slightly reduces, 10-12 min.



6 FINISH AND SERVE

Divide **soup** between bowls, then top with **avocado-corn mixture**. Sprinkle over **cheese** and crumble over **tortilla chips**. Squeeze over a **lime wedge**, if desired.

SOUP-ERB!

This soup has a pop of crunchy flavour that will help get you through a cold evening.

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