



Tortilla Soup

with Black Beans, Green Peppers and Corn

Veggie

Optional Spice

30 Minutes



Black Beans



Crushed Tomatoes
with Garlic and Onion



Green Bell Pepper



Jalapeño



Canned Corn



Avocado



Aged White Cheddar
Cheese, shredded



Mexican Seasoning



Vegetable Broth
Concentrate



Lime



Tortilla Chips



Garlic



Shallot

HELLO TORTILLA SOUP

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

Start here

Before starting, wash and dry all produce.

Heat Guide for Step 5 (dbl for 4 ppl):

- Mild: ½ tbsp
- Medium: 1 tbsp
- Spicy: 1 ½ tbsp
- Extra-spicy: 2 tbsp

Bust out

Medium bowl, strainer, zester, large pot, large non-stick pan, paper towels, measuring cups, measuring spoons

Ingredients

	2 Person	4 Person
Black Beans	370 ml	740 ml
Crushed Tomatoes with Garlic and Onion	370 ml	740 ml
Green Bell Pepper	200 g	400 g
Jalapeño 🌶️	1	2
Canned Corn	1 can	1 can
Avocado	1	2
Aged White Cheddar Cheese, shredded	½ cup	1 cup
Mexican Seasoning	1 tbsp	2 tbsp
Vegetable Broth Concentrate	1	2
Lime	1	2
Tortilla Chips	85 g	170 g
Garlic	6 g	12 g
Shallot	50 g	100 g
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



Prep

Core, then cut **green pepper** into ½-inch pieces. Peel, then mince or grate **garlic**. Peel, then cut **shallot** into ¼-inch pieces. Drain and rinse **beans** in a strainer. Drain, then rinse **corn**. Pat dry with paper towels.



Start soup

Heat a large pot over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **shallots, garlic** and **Mexican Seasoning**. Cook, stirring occasionally, until **shallots** soften, 2-3 min. Season with **salt** and **pepper**.



Simmer soup

Add **crushed tomatoes, broth concentrate, beans, half the corn** 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** reduces slightly, 10-12 min.



Char veggies

While **soup** simmers, heat a large non-stick pan over high heat. When hot, add **green peppers** and **remaining corn** to the dry pan. Cook, stirring occasionally, until dark golden-brown, 3-4 min. (**TIP:** Don't overcrowd the pan; cook veggies in 2 batches for 4 ppl!) Transfer to a medium bowl.



Finish veggies

Peel, pit, then cut **avocado** into ½-inch pieces. Core, then finely chop **jalapeño**, removing seeds for less heat. (**TIP:** We suggest using gloves when prepping jalapeño!) Zest, then juice **half the lime**. Cut **remaining lime** into wedges. To the same bowl with **corn and peppers**, add **lime zest, lime juice, avocado** and **1 tbsp jalapeños**. (**NOTE:** Reference heat guide.) Season with **salt** and **pepper**, then stir to combine.



Finish and serve

Divide **soup** between bowls, then top with **veggies**. Sprinkle with **cheese**, then crumble **tortilla chips** over top. Squeeze over a **lime wedge**, if desired.

Dinner Solved!