



# One-Pot Mexican Kidney Bean & Veggie Soup

with Cheddar Cheese & Corn Chips

Grab your Meal Kit with this symbol



Sweetcorn



Soffritto Mix



Garlic



Red Kidney Beans



Mexican Fiesta Spice Blend



Chopped Tomatoes



Vegetable Stock Powder



Shredded Cheddar Cheese



Corn Chips



Diced Bacon

Prep in: **15-25 mins**  
Ready in: **15-25 mins**

This flavour combo is a beloved companion to many dishes like enchiladas, nachos and tacos. Let's add another one to the list with a kidney bean and veggie delight in a soup? It won't disappoint, in fact it may be the new way to eat beans, veggies and cheese.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Brown Sugar, Butter



## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweetcorn	1 tin	1 tin
soffritto mix	1 packet (150g)	1 packet (300g)
garlic	2 cloves	4 cloves
red kidney beans	1 tin	2 tins
Mexican Fiesta spice blend 	1 sachet	1 sachet
chopped tomatoes	1 tin	2 tins
vegetable stock powder	1 medium sachet	1 large sachet
<b>water*</b>	1¼ cups	2½ cups
<b>brown sugar*</b>	2 tsp	4 tsp
<b>butter*</b>	20g	40g
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
corn chips	1 large packet	2 large packets
diced bacon**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3256kJ (778Cal)	515kJ (123Cal)
Protein (g)	29.2g	4.6g
Fat, total (g)	35.5g	5.6g
- saturated (g)	12.1g	1.9g
Carbohydrate (g)	77.8g	12.3g
- sugars (g)	17.8g	2.8g
Sodium (mg)	2015mg	319mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3841kJ (918Cal)	563kJ (135Cal)
Protein (g)	37.1g	5.4g
Fat, total (g)	47.7g	7g
- saturated (g)	16.5g	2.4g
Carbohydrate (g)	77.8g	11.4g
- sugars (g)	17.9g	2.6g
Sodium (mg)	2414mg	354mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



2023 | CW37

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## Start the soup

- Drain the **sweetcorn**.
- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **soffritto mix** and **sweetcorn**, until tender, **6-7 minutes**.

**Custom Recipe:** If you've added diced bacon to your meal, cook bacon with the soffritto and corn!

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## Finish the soup

- Stir in **chopped tomatoes**, **vegetable stock powder**, the **water** and **brown sugar** until combined. Bring to the boil, then reduce heat to medium.
- Simmer until slightly reduced, **2-3 minutes**.
- Remove saucepan from heat, then stir in the **butter**. Season to taste with **salt** and **pepper**.

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## Get prepped

- Meanwhile, finely chop **garlic**. Drain **red kidney beans**.
- **SPICY!** The **spice blend** is hot, use less if you're sensitive to heat. Add **garlic**, **Mexican Fiesta spice blend** and **red kidney beans** to the pan and cook until fragrant, **1-2 minutes**.

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## Serve up

- Divide Mexican kidney bean and veggie soup between bowls.
- Sprinkle over **shredded Cheddar cheese**.
- Serve with **corn chips**. Enjoy!

## Rate your recipe

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