



# One-Pot Mexican Black Bean & Veggie Soup

with Cheddar Cheese & Corn Chips

Grab your Meal Kit with this symbol



Sweetcorn



Soffritto Mix



Garlic



Black Beans



Mexican Fiesta Spice Blend



Chopped Tomatoes With Roast Garlic & Onion



Vegetable Stock Powder



Shredded Cheddar Cheese



Corn Chips

### Recipe Update

We've replaced the red kidney beans in this recipe with black beans due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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 black 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.

### 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
black beans	1 tin	2 tins
Mexican Fiesta spice blend 🌶️	1 medium sachet	1 large sachet
chopped tomatoes with roast garlic & onion	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 (40g)	1 packet (40g)	1 packet (80g)
corn chips	1 large packet	2 large packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3290kJ (786Cal)	520kJ (124Cal)
Protein (g)	27.4g	4.3g
Fat, total (g)	37.3g	5.9g
- saturated (g)	12.3g	1.9g
Carbohydrate (g)	79.2g	12.5g
- sugars (g)	19g	3g
Sodium (mg)	2105mg	333mg

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.

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## Start the soup

- Drain **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**.

3



## 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**.

2



## Get prepped

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

4



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns



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