



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



Crushed & Sieved 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 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.

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 hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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
olive oil*	refer to method	refer to method
sweetcorn	1 medium tin	1 large tin
soffritto mix	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
black beans	1 packet	2 packets
Mexican Fiesta spice blend 	1 medium sachet	1 large sachet
crushed & sieved tomatoes	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
water*	1 ¼ cups	2 ½ cups
brown sugar*	2 tsp	4 tsp
butter*	20g	40g
shredded Cheddar cheese	1 medium packet	1 large packet
corn chips	1 large packet	2 large packets
diced bacon**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2493kJ (596Cal)	620kJ (148Cal)
Protein (g)	12.2g	3g
Fat, total (g)	34.2g	8.5g
- saturated (g)	11.9g	3g
Carbohydrate (g)	58.8g	14.6g
- sugars (g)	22.4g	5.6g
Sodium (mg)	2072mg	515mg
Dietary Fibre (g)	10.1g	2.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3078kJ (736Cal)	681kJ (163Cal)
Protein (g)	20.1g	4.4g
Fat, total (g)	46.4g	10.3g
- saturated (g)	16.4g	3.6g
Carbohydrate (g)	58.9g	13g
- sugars (g)	22.4g	5g
Sodium (mg)	2471mg	547mg
Dietary fibre	10.1g	2.2g

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://www.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



1



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**.

Custom Recipe: If you've added diced bacon, cook along with soffritto mix and corn.

3



Finish the soup

- Stir in **crushed & sieved 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!

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