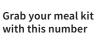


# One-Pot Mexican Black Bean & Veggie Soup

with Cheddar Cheese & Corn Chips

WINTER WARMERS

CLIMATE SUPERSTAR









Sweetcorn







Mexican Fiesta Spice Blend

**Diced Tomatoes** With Garlic & Onion





Vegetable Stock Powder

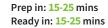
Shredded Cheddar Cheese



Corn Chips









### Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

## **Inaredients**

	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	
diced tomatoes with garlic & onion	1 packet	2 packets	
vegetable stock powder	1 medium sachet	1 large sachet	
water*	1¼ cups	2½ 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	

<sup>\*</sup>Pantry Items

#### **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

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



#### 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.



### 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.



### Finish the soup

- Stir in diced tomatoes with garlic & onion, 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.



# Serve up

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





#### ADD DICED BACON

When starting the soup, cook diced bacon, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.



#### ADD BEEF RUMP

Cook, turning, for 4-6 minutes for medium. Rest then slice before serving. If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

