



One-Pot Mexican Black Bean & Veggie Soup

with Cheddar Cheese & Corn Chips

WINTER WARMERS

CLIMATE SUPERSTAR

Grab your meal kit with this number

10



Sweetcorn



Soffritto Mix



Garlic



Black Beans



Mexican Fiesta Spice Blend



Diced Tomatoes With Garlic & Onion



Vegetable Stock Powder



Shredded Cheddar Cheese



Corn Chips



Diced Bacon



Beef Rump

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 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

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
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

*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**.



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**.



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**.



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

2024 | CW32



CUSTOM OPTIONS

+ 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.

