



One-Pot Mexican Black Bean & Veggie Soup

with Cheddar Cheese & Corn Chips

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Carrot



Celery



Sweetcorn



Black Beans



Mexican Fiesta Spice Blend



Crushed & Sieved Tomatoes



Vegetable Stock Powder



Shredded Cheddar Cheese



Corn Chips



Diced Bacon

Recipe Update

Unfortunately, this week's kidney beans were in short supply, so we've replaced them with black beans. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 15-25 mins
Ready in: 20-30 mins

This flavour combo is a beloved companion to many dishes like enchiladas, nachos and tacos. In the colder weather though, why not try this tomato 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 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
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
carrot	1	2
celery	1 stalk	2 stalks
sweetcorn	1 tin	1 tin
black beans	1 tin	2 tins
Mexican Fiesta spice blend	1 sachet	1 sachet
crushed & sieved tomatoes	1 tin	2 tins
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 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)	3279kJ (784Cal)	492kJ (118Cal)
Protein (g)	29.2g	4.4g
Fat, total (g)	35.4g	5.3g
- saturated (g)	12.1g	1.8g
Carbohydrate (g)	80.1g	12g
- sugars (g)	17.1g	2.6g
Sodium (mg)	2075mg	311mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3864kJ (924Cal)	539kJ (129Cal)
Protein (g)	37.2g	5.2g
Fat, total (g)	47.6g	6.6g
- saturated (g)	16.5g	2.3g
Carbohydrate (g)	80.2g	11.2g
- sugars (g)	17.1g	2.4g
Sodium (mg)	2474mg	345mg

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.

We're here to help!

Scan here if you have any questions or concerns



2023 | CW22



Get prepped

- Finely chop **garlic**. Thinly slice **carrot** into half-moons. Thinly slice **celery**.
- Drain **sweetcorn** and **black beans**.



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. Stir in the **butter** and season to taste.



Start the soup

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot**, **celery** and **corn**, until tender, **6-7 minutes**.
- **SPICY!** The **spice blend** is hot, use less if you're sensitive to heat. Add **garlic**, **Mexican Fiesta spice blend** and **black beans** and cook until fragrant, **1-2 minutes**.

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



Serve up

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

Rate your recipe

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