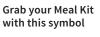


# **One-Pot Mexican Black Bean & Veggie Soup**

with Cheddar Cheese & Corn Chips

CLIMATE SUPERSTAR





Carrot



Celery





Mexican Fiesta Spice Blend

**Black Beans** 



Crushed & Sieved Tomatoes

Vegetable Stock Powder



Cheese

Corn Chips



**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.



Shredded Cheddar



Pantry items Olive Oil, Brown Sugar, Butter

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

# 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

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



# 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!



# 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.

### Serve up

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

#### Rate your recipe Did we make your tastebuds happy?

Did we make your tastebuds happy? Let our culinary team know: **hellofresh.co.nz/rate** 

