



Quick Mexican Tomato & Bean Soup

with Cheesy Tortilla Chips

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Mini Flour Tortillas



Carrot



Garlic



Sweetcorn



Red Kidney Beans



Shredded Cheddar Cheese



Mexican Fiesta Spice Blend



Passata



Vegetable Stock Powder



Baby Spinach Leaves



Coriander



Light Sour Cream

Prep in: 20-30 mins
Ready in: 25-35 mins

Nothing matches chilly weather better than this tomato and red kidney bean soup! With hidden veggies and cheesy tortilla chips, you'll be sipping, slurping and dunking! With some coriander to garnish, this dish deserves some serious praise!

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

Oven tray lined with baking paper · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
mini flour tortillas	6	12
carrot	1	2
garlic	2 cloves	4 cloves
sweetcorn	1 tin (125g)	1 tin (300g)
red kidney beans	1 packet	2 packets
shredded Cheddar cheese	1 medium packet	1 large packet
Mexican Fiesta spice blend	1 medium sachet	1 large sachet
passata	2 packets	4 packets
vegetable stock powder	1 medium sachet	1 large sachet
water*	1 cup	2 cups
brown sugar*	1 tsp	2 tsp
baby spinach leaves	1 small bag	1 medium bag
butter*	20g	40g
coriander	1 bag	1 bag
light sour cream**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3168kJ (757Cal)	458kJ (109Cal)
Protein (g)	33.7g	4.9g
Fat, total (g)	25.7g	3.7g
- saturated (g)	12.2g	1.8g
Carbohydrate (g)	92.9g	13.4g
- sugars (g)	24.8g	3.6g
Sodium (mg)	2761mg	399mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3462kJ (827Cal)	477kJ (114Cal)
Protein (g)	35.1g	4.8g
Fat, total (g)	32g	4.4g
- saturated (g)	16.2g	2.2g
Carbohydrate (g)	95.1g	13.1g
- sugars (g)	27g	3.7g
Sodium (mg)	2778mg	382mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/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 | CW29



Get prepped

- Preheat oven to **200°C/180°C fan-forced**.
- Slice **mini flour tortillas** into quarters.
- Thinly slice **carrot** into half-moons.
- Finely chop **garlic**.
- Drain **sweetcorn**.
- Drain and rinse **red kidney beans**.



Make the soup

- Meanwhile, in a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **corn**, stirring, until tender, **4-5 minutes**.
- **SPICY!** The spice blend is hot, use less if you're sensitive to heat. Add **garlic**, **Mexican Fiesta spice blend** and **red kidney beans** and cook until fragrant, **1-2 minutes**.
- Stir in **passata**, **vegetable stock powder**, the **water** and **brown sugar** until combined. Bring to a boil, then reduce heat to medium. Simmer until slightly reduced, **3-4 minutes**.



Bake the tortilla chips

- Spread **mini flour tortilla chips** over a lined oven tray (don't worry if they overlap).
- Drizzle with **olive oil** and season with **salt**. Sprinkle with **shredded Cheddar cheese**. Bake until lightly golden and crisp, **8-10 minutes**.



Serve up

- Remove saucepan from heat. Stir in **baby spinach leaves** and the **butter**, until wilted. Season to taste.
- Divide Mexican tomato and bean soup between bowls.
- Tear over **coriander**. Serve with cheesy tortilla chips. Enjoy!

Custom Recipe: If you've added light sour cream, top soup with a dollop of light sour cream.

Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate