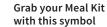


Quick Mexican Tomato & Bean Soup with Cheesy Tortilla Chips

CLIMATE SUPERSTAR











Tortillas





Sweetcorn



Red Kidney



Beans

Mexican Fiesta Spice Blend



Vegetable Stock



Powder





Coriander



Passata

Light Sour Cream



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!

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

9		
	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





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.



Bake the tortilla chips

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



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**.



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.