



Mexican Bean & Veggie-Loaded Soup

with Cheesy Tortilla Chips

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Mini Flour Tortillas



Garlic



Red Kidney Beans



Mexican Fiesta Spice Blend



Vegetable Stock Powder



Coriander



Carrot



Celery



Cheddar Cheese



Diced Tomatoes With Garlic & Onion



Baby Spinach Leaves



Light Sour Cream

Recipe Update

We've replaced the sweetcorn in this recipe with celery due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 20-30 mins
Ready in: 25-45 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
celery	1 medium packet	1 large packet
red kidney beans	1 medium packet	2 medium packets
Cheddar cheese	1 medium packet	1 large packet
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*	1 cup	2 cups
brown sugar*	1 tsp	2 tsp
baby spinach leaves	1 small packet	1 medium packet
butter*	20g	40g
coriander	1 packet	1 packet
light sour cream**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3079kJ (736Cal)	488kJ (117Cal)
Protein (g)	31.9g	5.1g
Fat, total (g)	24.9g	3.9g
- saturated (g)	11.9g	1.9g
Carbohydrate (g)	91.2g	14.4g
- sugars (g)	23.1g	3.7g
Sodium (mg)	2639mg	418mg
Dietary Fibre (g)	24.6g	3.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3371kJ (805Cal)	510kJ (121Cal)
Protein (g)	33.2g	5g
Fat, total (g)	31g	4.7g
- saturated (g)	16.8g	2.5g
Carbohydrate (g)	94g	14.2g
- sugars (g)	25.8g	3.9g
Sodium (mg)	2620mg	396mg
Dietary Fibre (g)	24.6g	3.7g

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.



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**.
- Thinly slice **celery**.
- 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 **celery**, 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 **diced tomatoes with garlic & onion**, **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 **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 bean and veggie-loaded soup between bowls.
- Tear over **coriander**. Serve with cheesy tortilla chips. Enjoy!

Custom Recipe: If you've added light sour cream, top soup with light sour cream to serve.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW19

