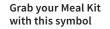


Mexican Bean & Veggie-Loaded Soup

with Cheesy Tortilla Chips

CLIMATE SUPERSTAR









Tortillas





Red Kidney Beans

Cheddar Cheese





Mexican Fiesta Spice Blend

Diced Tomatoes With Garlic & Onion

Baby Spinach



Vegetable Stock





Coriander

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!

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
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	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.



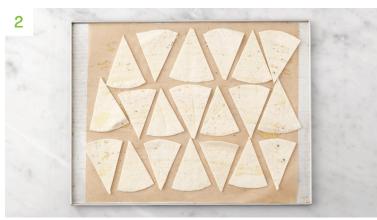
Get prepped

- 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.

