

Mexican Bean & Veggie-Loaded Soup

with Cheesy Tortilla Chips

CLIMATE SUPERSTAR

Grab your meal kit with this number

43



Mini Flour Tortillas



Carrot



Garlic



Sweetcorn



Red Kidney Beans



Cheddar Cheese



Mexican Fiesta Spice Blend



Diced Tomatoes With Onion & Garlic



Baby Spinach Leaves



Coriander



Light Sour Cream



Beef Mince

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!

Pantry items

Olive Oil, Brown Sugar, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 medium tin	1 large tin
red kidney beans	1 packet	2 packets
Cheddar cheese	1 medium packet	1 large packet
Mexican Fiesta spice blend	1 medium sachet	1 large sachet
diced tomatoes with onion & garlic	1 packet	2 packets
salt*	¼ tsp	½ tsp
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

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3197kJ (764cal)	247kJ (59cal)
Protein (g)	32.6g	2.5g
Fat, total (g)	25.6g	2g
- saturated (g)	12.6g	1g
Carbohydrate (g)	95.9g	7.4g
- sugars (g)	23.5g	1.8g
Sodium (mg)	2652mg	204.8mg
Dietary Fibre (g)	24.6g	1.9g

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**.



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 **diced tomatoes with onion & garlic**, the **salt**, **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 OPTIONS

+ **ADD LIGHT SOUR CREAM**
Dollop over meal to serve.

+ **ADD BEEF MINCE**
Cook with veggies, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

