

# Mexican Bean & Veggie-Loaded Soup

with Cheesy Tortilla Chips

CLIMATE SUPERSTAR



43

Carrot

Sweetcorn



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!

Diced Tomatoes With Onion & Garlic

Coriander



**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*	1⁄4 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 2024 | CW37



### Get prepped

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



### Make the soup

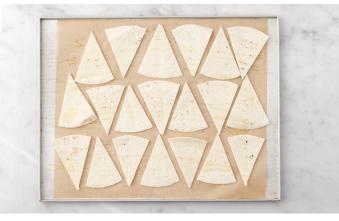
**CUSTOM** 

**OPTIONS** 

- 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.

ADD LIGHT SOUR CREAM

Dollop over meal to serve.



# 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!

#### 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.

