



One-Pot Mexican Black Bean & Risoni Soup

with Corn Chips & Cheddar Cheese

Grab your Meal Kit with this symbol



Tomato



Garlic



Black Beans



Mexican Fiesta Spice Blend



Garlic & Herb Seasoning



Vegetable Stock Powder



Risoni



Baby Spinach Leaves



Corn Chips



Soffritto Mix



Shredded Cheddar Cheese



Light Sour Cream



Chicken Breast

Prep in: 15-25 mins
Ready in: 30-40 mins

Eat Me Early*
*Custom Recipe only

Even meat lovers will approve of this stick-to-your ribs veggie soup. The black beans and rice-shaped risoni pasta make it extra hearty - while two of our trusty seasonings together add a rich and fiery depth of flavour - which the cooling sour cream cuts through like a treat. Bring it all together with a sprinkle of cheese, plus a good handful of crushed corn chips in lieu of croutons.

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

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
garlic	2 cloves	4 cloves
black beans	1 tin	2 tins
soffritto mix	1 medium bag	1 large bag
Mexican Fiesta spice blend	1 medium sachet	1 large sachet
garlic & herb seasoning	1 medium sachet	1 large sachet
vegetable stock powder	1 large sachet	2 large sachets
risoni	1 medium packet	1 large packet
water*	3 cups	6 cups
brown sugar*	1 tsp	2 tsp
baby spinach leaves	1 small bag	1 medium bag
butter*	20g	40g
shredded Cheddar cheese	1 medium packet	1 large packet
light sour cream	1 medium packet	1 large packet
corn chips	½ large packet	1 large packet
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3832kJ (916Cal)	819kJ (196Cal)
Protein (g)	31.4g	6.7g
Fat, total (g)	35.4g	7.6g
- saturated (g)	16.6g	3.5g
Carbohydrate (g)	107.7g	23g
- sugars (g)	13g	2.8g
Sodium (mg)	2488mg	532mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4580kJ (1094Cal)	724kJ (173Cal)
Protein (g)	65.9g	10.4g
Fat, total (g)	39.8g	6.3g
- saturated (g)	18g	2.8g
Carbohydrate (g)	108.2g	17.1g
- sugars (g)	13.4g	2.1g
Sodium (mg)	2569mg	406mg

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



1



Get prepped

- Roughly chop **tomato**.
- Finely chop **garlic**.
- Drain and rinse **black beans**.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks.

3



Finish the soup

- Stir in **vegetable stock powder**, **risoni**, the **water** and the **brown sugar** until combined. Bring to a boil, then reduce heat to medium.
- Cover with a lid and simmer until soup is thickened and risoni is tender, **10 minutes**.
- Remove from heat. Stir in **baby spinach leaves** and the **butter** until spinach is wilted, **1 minute**. Season to taste.

TIP: Stir the soup every 3-4 minutes to mix the ingredients well.

2



Start the soup

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **soffritto mix**, stirring occasionally, until softened, **4-5 minutes**.
- **SPICY!** The **spice blend** is hot, use less if you're sensitive to heat. Add **tomato**, **black beans**, **Mexican Fiesta spice blend**, **garlic & herb seasoning** and **garlic** and cook until fragrant, **1-2 minutes**.

Custom Recipe: Cook chicken with soffritto mix until browned, 4-5 minutes. Continue with the step as above (the chicken will finish cooking in step 3!).

4



Serve up

- Divide one-pot Mexican black bean and risoni soup between bowls.
- Sprinkle with **shredded Cheddar cheese**. Top with **light sour cream**.
- Top with **corn chips** (see ingredients) to serve. Enjoy!

TIP: Crush the chips over the soup to serve, if you'd like!

Rate your recipe

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