

# **INGREDIENTS**

2 PERSON | 4 PERSON





10 oz | 20 oz Cauliflower Florets





1/4 oz | 1/4 oz Cilantro



Long Green Pepper

Tomato

Tomato Paste

Veggie Stock Concentrate



1 TBSP | 2 TBSP Southwest Spice Blend



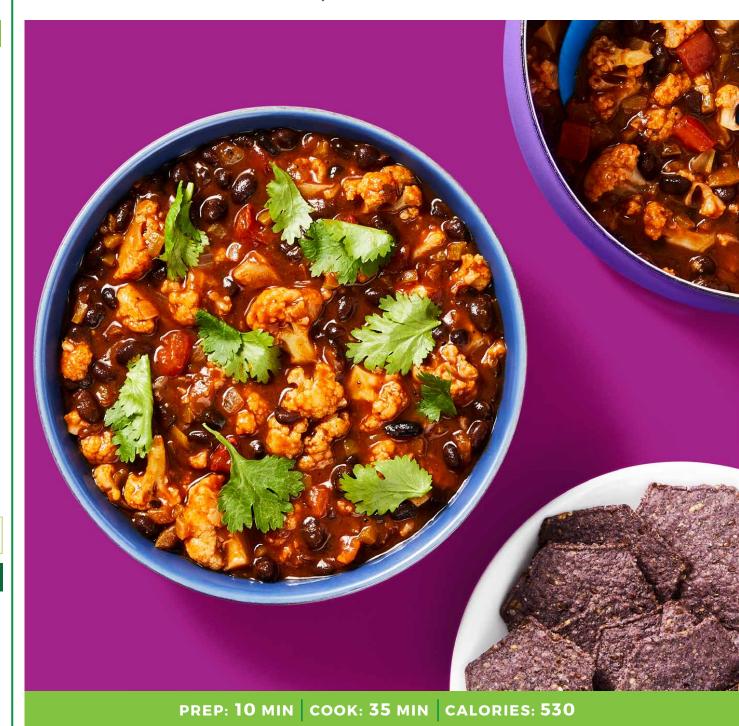
1 | 2 Tex-Mex Paste



Blue Corn Tortilla Chips Contains: Sesame

# **ONE-POT VEGAN CAULIFLOWER & BEAN SOUP**

with Cilantro & Blue Corn Tortilla Chips





ANY ISSUES WITH YOUR ORDER? THERE TOO. SCAN HERE TO GET HELP!

\*\*In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package rest assured it contains the correct amount.



# **HelloCustom**

If you chose to modify your meal, follow the **HelloCustom** instructions on the flip side of this card.



10 oz | 20 oz **6** Chicken Breast Strips



G Calories: 710

G Calories: 890



# HELLO

# SOUTHWEST SPICE BLEND

Chili powder, garlic, and cumin bring major flavor.

### **HERB YOUR ENTHUSIASM**

In love with cilantro? Chop up the tender stems and sprinkle them along with the leaves for even more flavor. Unfamiliar with the herb? Give it a taste before adding it.

# **BUST OUT**

- Medium pot
- Paper towels §
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)

#### **GET THE APP!**



Select menus. view recipes & more!

- \*Chicken is fully cooked when internal temperature
- \*Ground Beef is fully cooked when internal temperature



#### 1 PREP

- · Wash and dry produce.
- Halve, peel, and dice onion. Core, deseed, and finely dice green pepper. Dice tomato into ½-inch pieces. Cut cauliflower into bite-size pieces.



### **3 MAKE SOUP**

- Stir beans and their liquid, cauliflower, Tex-Mex paste, stock concentrate, and 11/2 cups water (21/2 cups for 4 servings) into pot with veggies.
- Bring to a simmer, then cover and reduce heat to medium low. Cook until cauliflower is tender and soup has thickened slightly, 7-10 minutes. TIP: If soup isn't thick enough, cook until it reaches desired consistency. If soup seems too thick, add a splash more water.
- Taste and season with salt (we used 11/2 tsp; 21/2 tsp for 4 servings) and pepper.



#### **2 COOK VEGGIES**

- Heat a drizzle of oil in a medium pot (large pot for 4 servings) over medium-high heat. Add onion and green pepper; cook, stirring occasionally, until browned and softened, 5-7 minutes.
- Add another drizzle of oil. Stir in Southwest Spice Blend. tomato, and tomato paste; cook until fragrant, 1 minute.
- Pat **chicken\*** dry with paper towels. Once veggies are slightly softened, 2-3 minutes, add chicken or beef\* to pot. Cook, stirring frequently, until cooked through, 4-6 minutes. Cook through the rest of the step as instructed.



# **4 FINISH & SERVE**

- Pick cilantro leaves from stems.
- Divide **soup** between bowls and sprinkle with cilantro. Serve with tortilla chips on the side.