



HEARTY ONE-POT BLACK BEAN & PEPPER SOUP

with Blue Corn Tortilla Chips, Monterey Jack & Sour Cream

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Onion



1 | 2
Long Green Pepper



1 | 2
Tomato



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



1 TBSP | 2 TBSP
Southwest Spice Blend



1 | 2
Tomato Paste



1 | 2
Black Beans



1 | 2
Tex-Mex Paste



1 | 2
Veggie Stock Concentrate



¼ oz | ¼ oz
Cilantro



¼ Cup | ½ Cup
Monterey Jack Cheese
Contains: Milk



1.5 oz | 3 oz
Blue Corn Tortilla Chips
Contains: Sesame



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
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
Ground Turkey

Calories: 790



10 oz | 20 oz
Ground Beef**

Calories: 930



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 580



HELLO

BLUE CORN CHIPS

This super scooper adds a satisfying crunch to comforting soup.

MAGIC BEANS

PSA: Don't toss that starchy liquid from your black beans! You'll use it in Step 3 to make your soup extra-thick.

BUST OUT

- Medium pot
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)

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*Ground Turkey is fully cooked when internal temperature reaches 165°.

*Ground Beef is fully cooked when internal temperature reaches 160°.



1 PREP

- Wash and dry produce.
- Halve, peel, and dice **onion**. Core, deseed, and finely dice **green pepper**. Dice **tomato**.



3 SIMMER SOUP

- Stir **beans and their liquid**, **Tex-Mex paste**, **stock concentrate**, and $\frac{1}{2}$ cup **water** (1 cup for 4 servings) into pot with **veggies**.
- Bring to a simmer, then reduce heat to medium low. Cook, stirring often, until flavors meld and soup has slightly thickened, 8-10 minutes. Taste and season with **salt** and **pepper**. **TIP: Add a splash more water if the soup ends up thicker than you like.**



2 COOK VEGGIES

- Heat a **drizzle of oil** in a medium pot (use a large pot for 4 servings) over medium-high heat. Add **onion** and **green pepper**; cook, stirring occasionally, until browned and softened, 5-7 minutes.
- Stir in **diced tomato**, **tomato paste**, and **Southwest Spice Blend** until combined; cook until fragrant, 1 minute.
- Once **onion** and **green pepper** are softened, add **turkey*** or **beef***. Season with **salt** and **pepper**. Cook, breaking up meat into pieces, until browned and cooked through, 4-6 minutes. Cook through the rest of this step as instructed.



4 FINISH & SERVE

- Meanwhile, pick **cilantro leaves** from stems.
- Divide **soup** between bowls and dollop with **sour cream**. Sprinkle with **Monterey Jack** and cilantro leaves. Serve with **tortilla chips** on the side for dipping.