



INGREDIENTS

2 PERSON | 4 PERSON



1 | 1
Lime



1 | 1
Yellow Onion



1 | 2
Poblano Pepper



1 | 2
Roma Tomato



4 TBSP | 8 TBSP
Sour Cream
Contains: Milk



1 TBSP | 2 TBSP
Southwest Spice Blend



1.5 oz | 3 oz
Tomato Paste



13.4 oz | 26.8 oz
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



HelloCustom

2 PERSON | 4 PERSON

If you chose to add a protein or veggie when placing your order, follow the [HelloCustom](#) instructions on the flip side of this card to learn how to modify your meal.



10 oz | 20 oz
Ground Beef

Calories: 920

HEARTY ONE-POT BLACK BEAN & POBLANO SOUP

with Blue Corn Tortilla Chips, Monterey Jack & Lime Sour Cream

ONE PAN



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 590



HELLO

MONTEREY JACK

Mild, creamy, and melty—the perfect soup topper to satisfy your cheese cravings.

HOW YOU BEAN?

PSA: Don't toss that liquid from your black beans! You'll use it in step 3 to give the soup extra thickness and body.

BUST OUT

- Small bowl
- Medium pot
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Cooking oil (1 tsp | 1 tsp) \$

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



1 PREP

- Wash and dry produce.
- Quarter **lime**. Halve, peel, and dice **onion**. Core, deseed, and finely dice **poblano**. Dice **tomato**.
- In a small bowl, combine **sour cream** with a **squeeze of lime juice** to taste. Season with **salt** and **pepper**.

\$ Heat a **drizzle of oil** in a medium pot (**use a large pot for 4 servings**) over medium-high heat. Add **beef*** and cook, breaking up meat into pieces, until browned and cooked through, 4-6 minutes. Transfer to a plate; set aside. **TIP: If there's excess grease in your pan, carefully pour it out.**



3 SIMMER SOUP

- Stir in **beans and their liquid**, **Tex-Mex paste**, **stock concentrate**, and $\frac{1}{2}$ **cup water** (1 cup for 4 servings) to 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 **poblano**; cook, stirring occasionally, until browned and softened, 5-7 minutes.
- Stir in **Southwest Spice**, **diced tomato**, and **tomato paste** until combined; cook until fragrant, 1 minute.

\$ Use pot used for beef here. Return **beef** to pot before adding **Southwest Spice**, **diced tomato**, and **tomato paste**.



4 FINISH & SERVE

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

WK 16-10