



## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Roma Tomato



2 | 4  
Scallions



13.4 oz | 26.8 oz  
Black Beans



10 oz | 20 oz  
Ground Beef



1.5 oz | 3 oz  
Tomato Paste



1 TBSP | 2 TBSP  
Mexican Spice Blend



1 TBSP | 2 TBSP  
Southwest Spice Blend



1 tsp | 2 tsp  
Hot Sauce



2 | 4  
Beef Stock Concentrates



4 TBSP | 8 TBSP  
Cream Cheese  
Contains: Milk



½ Cup | 1 Cup  
Mexican Cheese Blend  
Contains: Milk



2 TBSP | 4 TBSP  
Sour Cream  
Contains: Milk

HELLO

### MEXICAN SPICE BLEND

A mix of chili powder and oregano adds a touch of smoke and herbaceousness to this warming soup.

## ONE-POT BEEFY TACO SOUP

with Black Beans, Mexican Cheese & Sour Cream

ONE PAN



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 840



### CRUNCH TIME

If you have any tortilla chips hanging out in your pantry, crush them up and sprinkle 'em over your soup for some contrasting texture.

### BUST OUT

- Strainer
- Medium pot
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Sugar (¼ tsp | ½ tsp)

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### 1 PREP

- Wash and dry produce.
- Dice **tomato** into ½-inch pieces. Trim and thinly slice **scallions**, separating whites from greens. Drain and rinse **beans**.



### 3 START SOUP

- Once veggies are softened, stir **tomato paste** and ¼ tsp **sugar** (½ tsp for 4 servings) into pot. Cook, stirring occasionally, until combined, 1-2 minutes.
- Stir in **stock concentrates**, **cream cheese**, **hot sauce**, and 2½ cups **water** (4 cups for 4). Bring to a boil, then reduce heat to medium. Simmer, uncovered, 7 minutes (15 minutes for 4).



### 2 COOK BEEF

- Heat a **drizzle of oil** in a medium pot over medium-high heat. Add **beef** and cook, breaking up meat into pieces, until browned and cooked through, 4-6 minutes. Season with **Mexican Spice**, **Southwest Spice**, and a **pinch of salt and pepper**. **TIP: If there's excess grease in your pan, carefully pour it out.**
- Add **tomato** and **scallions whites** to pot. Cook, stirring constantly, until softened, 2-3 minutes more. Season with another **pinch of salt and pepper**.



### 4 FINISH & SERVE

- Stir **beans** into pot. Simmer, uncovered, 2-3 minutes more. Season with **salt** and **pepper** to taste.
- Divide soup between bowls. Dollop with **sour cream**. Garnish with **Mexican cheese** and **scallion greens**. Serve.

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

WK 8-4