



## INGREDIENTS

2 PERSON | 4 PERSON



1 | 1

Yellow Onion



1 | 2

Long Green Pepper



1 | 2

Tomato



10 oz | 20 oz

Cauliflower Florets



1 TBSP | 2 TBSP

Southwest Spice Blend



1.5 oz | 3 oz

Tomato Paste



1 | 2

Black Beans



1 | 2

Tex-Mex Paste



1 | 2

Veggie Stock Concentrate



¼ oz | ¼ oz

Cilantro



1.5 oz | 3 oz

Blue Corn Tortilla Chips



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

Chicken Breast Strips

Calories: 690



10 oz | 20 oz

Ground Beef\*\*

Calories: 810

# ONE-POT VEGAN CAULIFLOWER & BEAN SOUP

with Cilantro & Blue Corn Tortilla Chips

NEW!



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 510





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)

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 \*Chicken 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** 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 **1½ cups water** (2½ 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 1½ tsp; 2½ 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.