

INGREDIENTS

2 PERSON | 4 PERSON



Yellow Onion





10 oz | 20 oz **Cauliflower Florets**



Black Beans



¼ oz | ¼ oz Cilantro



Long Green

Tomato

1.5 oz | 3 oz

Tomato Paste

Veggie Stock



1 TBSP | 2 TBSP Southwest Spice Blend



Tex-Mex 1



1.5 oz | 3 oz Blue Corn





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



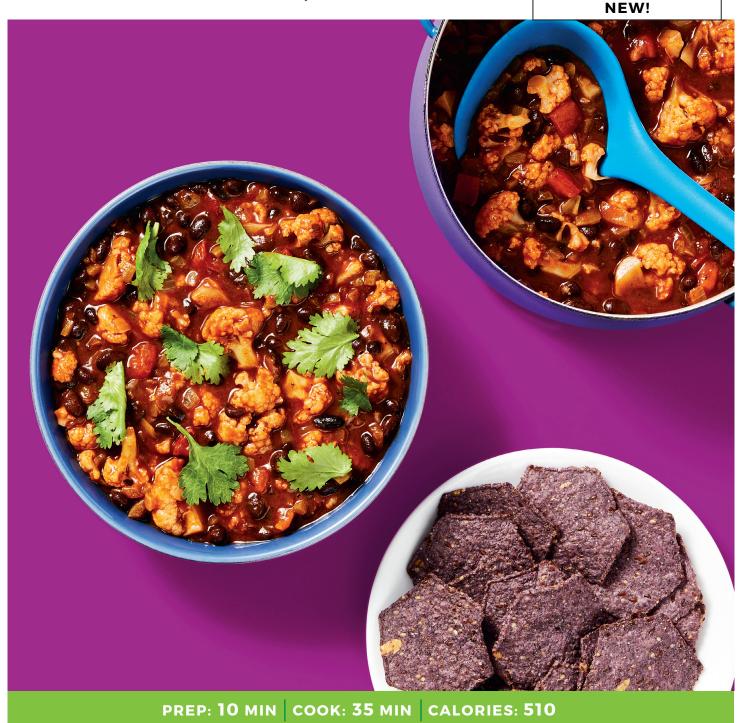
10 oz | 20 oz ⑤ Ground Beef**



Galories: 810

ONE-POT VEGAN CAULIFLOWER & BEAN SOUP

with Cilantro & Blue Corn Tortilla Chips





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
- *Ground Beef is fully cooked when internal temperature



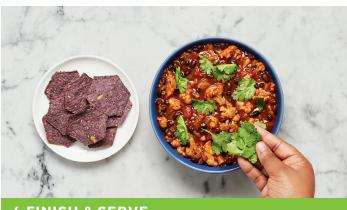
- · Wash and dry produce.
- Halve, peel, and dice onion. Core, deseed, and finely dice green pepper. Dice tomato into ½-inch pieces. Cut cauliflower into bite-size pieces.



- 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.



- 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.