



More than Food



NOV Share your masterpiece! Tag your photos with #HelloFreshPics and share on 2015 You'll be entered into our weekly photo contest!

## Alexis' Tortilla Soup

with Sweet Corn, Avocado, and Cheddar

Give a warm welcome to fall with this delicious, comforting soup. Deep, smoky cumin teams up with avocado, green chilies, and sharp cheddar cheese in this Tex-Mex staple. Salty tortilla chips give this soup its namesake crunch.



30 min



level 1



veggie



gluten free



nut free



Green Bell Pepper



Onion



Garlic



Cumin



Black Beans



Crushed Tomatoes



Jalapeño



Vegetable Stock Concentrates



Corn



Avocado



Cheddar Cheese



Tortilla Chips

Ingredients	2 People	4 People
Green Bell Pepper	1	2
Onion	1	2
Garlic	2 cloves	4 cloves
Cumin	1 t	2 t
Black Beans	1 box	2 boxes
Crushed Tomatoes	½ box	1 boxes
Jalapeño 	1	2
Vegetable Stock Concentrates	2	4
Corn	1 ear	2 ears
Avocado	1	2
Cheddar Cheese <span style="color: green;">1)</span>	½ C	1 C
Tortilla Chips	1 small bag	2 small bags
Oil*	1 T	2 T

\*Not Included

**Allergens**

1) Milk

**Tools**

Large Pot, Strainer

Ruler

0 in ¼ in ½ in ¾ in 1 in

**Nutrition per person** Calories: 818 cal | Carbs: 94 g | Fat: 36 g | Protein: 32 g | Fiber: 30 g | Sodium: 980 mg

*Make sure to wash and dry produce before prepping or cooking!*



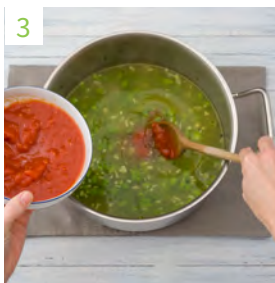
**1 Prep the ingredients:** Halve, peel, and finely chop the **onion**. Core, seed, and finely chop the **bell pepper**. Mince or grate the **garlic**. Mince the **jalapeño**, removing the ribs and seeds if you prefer less heat. Cut the **corn** kernels off the cob. Drain and rinse the **black beans**. Lightly crush the **tortilla chips**.

**Tip:** Make sure to thoroughly wash hands and surfaces after handling the **jalapeño**. The heat is transferable and can burn more than your throat!



**2 Start the soup:** Heat **1 Tablespoon oil** in a large pot over medium heat. Add the **bell pepper, onion, garlic, jalapeño**, and **cumin** to the pot. Cook, tossing, for 5-6 minutes, until softened and slightly caramelized.

**3 Add half the box of tomatoes, 3 cups water, and the stock concentrates** to the pot. Bring to a boil, then reduce to a simmer for 10 minutes. Season with **salt** and **pepper**.



**4 Finish the soup:** Add the **corn** and **black beans** to the pot and cook for 3-5 minutes to warm through. Season with **salt** and **pepper**.

**5 Finish and serve:** Halve, pit, and peel the **avocado**, then dice into **cubes**. Ladle the **soup** between bowls, then top with the **avocado, cheddar cheese, and crushed tortilla chips**. Enjoy!

