



ONE-POT VEGAN CAULIFLOWER & BEAN SOUP

with Cilantro & Blue Corn Tortilla Chips

INGREDIENTS

2 PERSON | 4 PERSON



1 | 1
Onion



1 | 2
Long Green
Pepper



1 | 2
Tomato



10 oz | 20 oz
Cauliflower Florets



1 TBSP | 2 TBSP
Southwest Spice
Blend



1 | 2
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
Contains: Sesame



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: 710



10 oz | 20 oz
Ground Beef**

Calories: 890



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 530



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.