



Picante Corn and Black Bean Stew

with Guacamole and Spiced Tortilla Chips

Veggie

Quick

25 Minutes



Black Beans



Green Bell Pepper



Tomato Salsa



Enchilada Spice Blend



Garlic Salt



Corn Kernels



Vegetable Broth Concentrate



Guacamole



Cilantro



Lime



Tortilla Chips

HELLO ENCHILADA SPICE BLEND

This savoury spice blend combines warming spices with aromatic onion and garlic!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, potato masher, small bowl, measuring cups, large pot

Ingredients

	2 Person	4 Person
Black Beans	370 ml	740 ml
Green Bell Pepper	200 g	400 g
Tomato Salsa	1 cup	2 cups
Enchilada Spice Blend	2 tbsp	4 tbsp
Garlic Salt	2 tsp	4 tsp
Corn Kernels	113 g	227 g
Vegetable Broth Concentrate	1	2
Guacamole	3 tbsp	6 tbsp
Cilantro	7 g	14 g
Lime	½	1
Tortilla Chips	85 g	170 g
Sugar*	¼ tsp	½ tsp
Oil*		
Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Prep

- Core, then cut **pepper** into ¼-inch pieces.
- Roughly chop **cilantro**.
- Cut **half the lime** into wedges (whole lime for 4 ppl).
- Combine **¼ tsp Enchilada Spice Blend** and **¼ tsp garlic salt** (dbl both for 4 ppl) in a small bowl. (**NOTE:** This is your tortilla seasoning mix.)



Cook stew

- Add **broth concentrate, peppers, half the cilantro, corn, ¾ cup water** and **¼ tsp sugar** (dbl both for 4 ppl) to the pot with **beans**.
- Return the pot to medium-high. Bring to a simmer.
- Once simmering, reduce heat to medium. Cover and cook, stirring occasionally, until **peppers** are tender, 8-10 min. (**TIP:** If too thick, add 1 tbsp water at a time until desired consistency is reached.)
- Season with **remaining garlic salt and pepper**, to taste.



Cook black beans

- Heat a large pot over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **black beans with bean liquid, salsa** and **remaining Enchilada Spice Blend**. Season with **pepper** and **1 tsp garlic salt** (dbl for 4 ppl). Bring to a simmer, stirring occasionally.
- Once simmering, reduce heat to medium. Cover and cook, stirring occasionally, until **beans** soften slightly, 3-4 min.



Toast tortilla chips

- Meanwhile, arrange **tortilla chips** in a single layer on an unlined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets.)
- Toast in the **middle** of the oven, until **tortilla chips** are warmed through and fragrant, 2-4 min. (**NOTE:** For 4 ppl, toast in the middle and top of the oven, rotating sheets halfway through.)
- Remove **tortilla chips** from the oven and immediately sprinkle with **tortilla seasoning mix**.



Mash black beans

- Remove the pot from heat.
- Carefully mash **most of the beans**, leaving **some beans** whole. (**TIP:** The more beans that are mashed, the creamier the stew will be!)



Finish and serve

- Divide **stew** between bowls.
- Dollop **guacamole** over top. Sprinkle **remaining cilantro** over top. Squeeze a **lime wedge** over top.
- Serve **spiced tortilla chips** alongside for dipping.

Dinner Solved!