



ONE-POT TORTILLA SOUP

with Black Beans, Corn, and Bell Pepper



HELLO

TORTILLA SOUP

The chile-laced Mexican classic gets a veggie makeover

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 740



Yellow Onion



Garlic



Black Beans



Tortilla Chips



Veggie Stock Concentrates



Cheddar Cheese
(Contains: Milk)



Green Bell Pepper



Jalapeño Pepper



Corn



Crushed Tomatoes



Avocado



Mexican Spice Blend

START STRONG

Crushed chips may not be great as a snack, but they're perfect for this soup. Crush them with your hands into pieces that are just big enough to fit in your spoon.

BUST OUT

- Strainer
- Large pot
- Olive oil (1 TBSP | 2 TBSP)

INGREDIENTS

Ingredient 2-person | 4-person

- Yellow Onion 1 | 2
- Green Bell Pepper 1 | 2
- Garlic 2 Cloves | 4 Cloves
- Jalapeño Pepper 1 | 1
- Black Beans 1 Box | 2 Boxes
- Corn ½ Can | 1 Can
- Tortilla Chips 1½ oz | 3 oz
- Mexican Spice Blend 1 tsp | 2 tsp
- Crushed Tomatoes ½ Box | 1 Box
- Veggie Stock Concentrates 2 | 4
- Avocado 1 | 2
- Cheddar Cheese ½ Cup | 1 Cup

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1 PREP Wash and dry all produce. Halve, peel, and finely chop **onion**. Core, seed, and remove ribs from **bell pepper**, then finely chop. Mince or grate **garlic**. Mince **jalapeño**, removing ribs and seeds for less heat. Drain and rinse **black beans**. Drain half the **corn** from can (use rest as you like). Lightly crush **tortilla chips**.



4 WARM BEANS AND CORN Stir **black beans** and **corn** into same pot. Continue simmering until warmed through, 3-5 minutes. Season with **salt** and **pepper**.



2 SWEAT VEGGIES Heat **1 TBSP olive oil** in a large pot over medium heat. Add **bell pepper, onion, garlic, jalapeño** (to taste), and **1 tsp Mexican spice blend** (we sent more). Cook until softened and lightly browned, 5-6 minutes, tossing.



5 PREP AVOCADO While soup is simmering, halve, pit, and scoop flesh from **avocado**. Chop into cubes.



3 SIMMER SOUP Add **½ box of tomatoes** (use the rest as you like), **3 cups water**, and **stock concentrates** to same pot. Bring to a boil, then lower heat and reduce to a simmer. Cook until liquid is slightly reduced and flavors have come together, about 10 minutes. Season with **salt** and **pepper**.



6 FINISH AND SERVE Divide soup between bowls, then top with **avocado, cheddar cheese**, and **tortilla chips**.

SOUP'S ON!

Use the leftover corn as a garnish on top, if you like.