



More Than Food
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Surprisingly Filling Mexican Broth with Spicy Beef and Beans

This recipe calls for only one or two tortillas which means you will have quite a few leftover! We hate waste so are always thinking of ways to use leftover ingredients. One suggestion is to make oven baked tortilla chips (healthier than deep fried but still delicious!). You can brush them with oil and then make them savoury with a sprinkling of salt and some paprika, or sweet with cinnamon and sugar. A few minutes in a hot oven and voila!

 30 mins

 spicy



Ingredients

	2 PEOPLE	ALLERGENS
Garlic Clove, chopped	1	
Onion, chopped	1	
Green Pepper, chopped	1	
Organic Mixed Beans	1 tin	
Potato, chopped	1	
Beef Mince	250g	
Mexican Spice	1 tbsp	
Smoked Paprika	½ tbsp	
Tomato Passata	1 carton	
Beef Stock Pot	1	
Wholemeal Tortilla	1	Gluten
Coriander, chopped	2 tbsp	
Sour Cream	2 tbsp	Milk

🌱 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

Due to their super high fibre content, beans keep you fuller for longer. #winning

Nutrition per serving: Calories: 712 kcal | Protein: 55 g | Carbs: 90 g | Fat: 17 g | Saturated Fat: 4 g



1 Pre-heat your oven to 200 degrees. Peel and very finely chop the **garlic** and the **onion**. Remove the core from the **pepper** and chop into roughly 1cm chunks. Drain and thoroughly rinse the **mixed beans**. Peel and chop the **potato** into ½cm cubes.



2 Heat 1 tbsp of **olive oil** in a non-stick saucepan on medium heat. Once hot add the **onion** and gently cook for 3-4 mins. Then add the **garlic, beef mince, Mexican spice** and **smoked paprika** with a pinch of **salt** and **pepper**. Cook until just browned. **Tip:** *If you have a small pan, cook the meat in batches to stop it stewing.*



3 Once the meat has browned off, add the chopped **pepper** and **potato** and cook for 4 mins.



4 Drain, rinse and add in the **mixed beans** along with the **tomato passata**. Gently simmer for 2 mins.

5 Add the **beef stock pot** together with 500ml of water. Bring the soup to a gentle simmer (i.e. it should not be bubbling very vigorously). Gently cook the soup for around 10 mins.

6 Rub a very light coating of **olive oil** onto both sides of the **tortilla**. Slice the **tortilla** into long strips (1cm thick), season with **salt** and **pepper** and place on a baking tray in the oven. Cook until really crispy (about 4-5 mins) but watch them like a hawk as they'll burn easily!

7 Just before serving the soup stir through 1 tbsp of chopped **coriander**. Top each bowl with a dollop of **sour cream**, a little more chopped **coriander** and some of your crispy tortilla chips. Get slurping!