







More Than Food
HelloFresh.co.uk



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

Cold Busting Mexican Soup with Mixed Beans and Homemade Tortilla Strips

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 crisps (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!



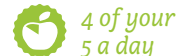
30 mins



healthy



veggie



4 of your 5 a day



super spicy



Garlic Clove (1)



Onion (½)



Green Pepper (1)



Mixed Beans (1 tin)



Potato (½)



Coriander (½ bunch)



Mexican Spice (½ tbsp)



Smoked Paprika (½ tbsp)



Tomato Passata (1 carton)



Vegetable Stock Pot (1)



Water (500ml)



Wholemeal Tortilla (1)




Sour Cream (½ pot)

2 PEOPLE INGREDIENTS

- Garlic Clove, grated
- Onion, sliced
- Green Pepper, chopped
- Mixed Beans
- Potato, chopped
- Coriander, chopped
- Mexican Spice

- 1
- ½
- 1
- 1 tin
- ½
- ½ bunch
- ½ tbsp

- Smoked Paprika ½ tbsp
- Tomato Passata 1 carton
- Vegetable Stock Pot 1
- Water 500ml
- Wholemeal Tortilla 1
- Sour Cream ½ pot

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Beans are a nutritional powerhouse! Aside from their high fibre and protein content, they are packed with vitamins and minerals including copper, folate, iron, magnesium, manganese, phosphorous, potassium and zinc.

Allergens: Celery, Sulphites, Gluten, Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	361 kcal / 1524 kJ	5 g	1 g	59 g	11 g	17 g	3 g
Per 100g	75 kcal / 317 kJ	1 g	0 g	12 g	2 g	3 g	1 g

Vegetable Stock Pot: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder [contains Sulphites], Stabiliser [Tara Gum], Celery Salt, Celery Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

1



1 Peel and grate the **garlic** (or use a garlic press if you have one). Cut the **onion** in half through the root. Peel and then slice into thin half moon shapes. Remove the core from the **green pepper** and chop into roughly 1cm chunks. Drain and thoroughly rinse the **mixed beans**. Peel and chop the **potato** into ½cm pieces and roughly chop the **coriander**.

2



2 Heat a splash of **oil** in a non-stick frying pan on high heat. Add your **pepper** to the pan and fry for around 4-5 mins. Once your **pepper** is soft, remove from the pan and keep to the side.

3



3 Heat a splash of **oil** in a large saucepan on medium-low heat. Add your **garlic** and **onion** and cook gently for 5 mins until soft. Add your **potato**, cook for another 2 mins.

4 Add the **Mexican spice** and **smoked paprika** and stir for 1 minute. **Tip:** Use less of the Mexican spice if you don't want as much heat. Lastly, add your **mixed beans**, the **tomato passata** and your **pepper**.

5 Pre-heat your oven to 200 degrees. Add the **vegetable stock pot** together with the **water** (amount specified in the ingredient list) to the pan - this is your soup. Bring your **soup** to a gentle simmer (it should not be bubbling vigorously) for around 10 mins.

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

6



7 Just before serving your **soup**, stir through half of your **coriander**. Pour into bowls, top with a dollop of **sour cream**, your remaining **coriander** and some of your **homemade tortilla strips**. Get slurping!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!