



G Calories: 920

G Calories: 780

# **ONE-POT VEGAN CAULIFLOWER & BEAN SOUP**

with Cilantro & Blue Corn Tortilla Chips



PREP: 10 MIN COOK: 35 MIN CALORIES: 550

23



# 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

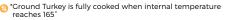
- Medium pot
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)

#### **GET SOCIAL**

Share your #HelloFreshPics with us @HelloFresh

> (646) 846-3663 HelloFresh.com

S \*Ground Beef is fully cooked when internal temperature reaches 160°.





· 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, 10-12 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, Mexican Spice Blend, diced tomato, and tomato paste; cook, stirring, until fragrant, 1 minute.
- Once veggies are slightly softened, 2-3 minutes, add beef\*
  or turkey\* to pot. Cook, breaking up meat into pieces, 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.