

INGREDIENTS

2 PERSON | 4 PERSON





10 oz | 20 oz Cauliflower Florets





Tomato Paste



Veggie Stock Concentrate



Long Green Pepper







Black Beans



1/4 oz | 1/4 oz Cilantro



Tomato



1 TBSP | 2 TBSP Mexican Spice Blend



Tex-Mex Paste



1.5 oz | 3 oz Blue Corn Tortilla Chips Contains: Sesame



ANY ISSUES WITH YOUR ORDER? THERE TOO. SCAN HERE TO GET HELP!

**In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package rest assured it contains the correct amount.



HelloCustom

If you chose to modify your meal, follow the **HelloCustom** instructions on the flip side of this card.



10 oz | 20 oz Ground Beef**



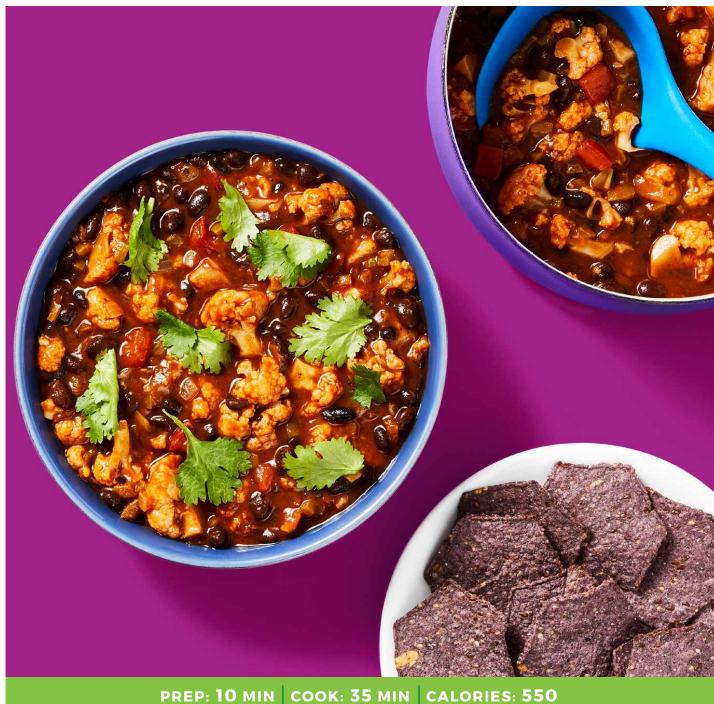
10 oz | 20 oz Ground Turkey



© Calories: 760

ONE-POT VEGAN CAULIFLOWER & BEAN SOUP

with Cilantro & Blue Corn Tortilla Chips





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)

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- S*Ground Beef is fully cooked when internal temperature
- 😭 *Ground Turkey is fully cooked when internal temperature



1 PREP

- · Wash and dry produce.
- Halve, peel, and dice onion. Core, deseed, and finely dice green pepper. Dice tomato into 1/2-inch pieces. Cut cauliflower into bite-size pieces.



- Stir beans and their liquid, cauliflower, Tex-Mex paste, stock concentrate, and 11/2 cups water (21/2 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.



- Pick cilantro leaves from stems.
- Divide **soup** between bowls and sprinkle with cilantro. Serve with tortilla chips on the side.