



ONE-POT VEGAN CAULIFLOWER & BEAN SOUP

with Cilantro & Blue Corn Tortilla Chips

INGREDIENTS

2 PERSON | 4 PERSON



1 | 1
Onion



1 | 2
Long Green Pepper



1 | 2
Tomato



10 oz | 20 oz
Cauliflower Florets



1 TBSP | 2 TBSP
Southwest Spice Blend



1 TBSP | 2 TBSP
Mexican Spice Blend



1 | 2
Tomato Paste



1 | 2
Black Beans



1 | 2
Tex-Mex Paste



1 | 2
Veggie Stock Concentrate



¼ oz | ¼ oz
Cilantro



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



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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**

Calories: 900



10 oz | 20 oz
Ground Turkey

Calories: 760



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 550



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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1 PREP

- 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.

*Ground Beef is fully cooked when internal temperature reaches 160°.
*Ground Turkey is fully cooked when internal temperature reaches 165°