



# HEARTY ONE-POT BLACK BEAN & PEPPER SOUP

with Blue Corn Tortilla Chips, Monterey Jack & Sour Cream

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 1  
Onion



1 | 2  
Long Green Pepper



1 | 2  
Tomato



3 TBSP | 6 TBSP  
Sour Cream  
Contains: Milk



1 TBSP | 2 TBSP  
Southwest 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



¼ Cup | ½ Cup  
Monterey Jack Cheese  
Contains: Milk



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



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
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 Turkey  
Calories: 800



10 oz | 20 oz  
Ground Beef\*\*  
Calories: 940



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 580



HELLO

## HALL OF FAME

Meet one of our all-star recipes: a tried-and-true favorite chosen by home cooks like you!

## MAGIC BEANS

PSA: Don't toss that starchy liquid from your black beans! You'll use it in Step 3 to make your soup extra-thick.

## BUST OUT

- Medium pot
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)

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

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



## 1 PREP

- Wash and dry produce.
- Halve, peel, and dice **onion**. Core, deseed, and finely dice **green pepper**. Dice **tomato**.



## 3 SIMMER SOUP

- Stir **beans and their liquid**, **Tex-Mex paste**, **stock concentrate**, and  $\frac{1}{2}$  cup **water** (1 cup for 4 servings) into pot with **veggies**.
- Bring to a simmer, then reduce heat to medium low. Cook, stirring often, until flavors meld and soup has slightly thickened, 8-10 minutes. Taste and season with **salt** and **pepper**. **TIP: Add a splash more water if the soup ends up thicker than you like.**



## 2 COOK VEGGIES

- Heat a **drizzle of oil** in a medium pot (use a large pot for 4 servings) over medium-high heat. Add **onion** and **green pepper**; cook, stirring occasionally, until browned and softened, 5-7 minutes.
- Stir in **diced tomato**, **tomato paste**, and **Southwest Spice Blend** until combined; cook until fragrant, 1 minute.
- Once **onion** and **green pepper** are softened, add **turkey\*** or **beef\***. Season with **salt** and **pepper**. Cook, breaking up meat into pieces, until browned and cooked through, 4-6 minutes. Cook through the rest of this step as instructed.



## 4 FINISH & SERVE

- Meanwhile, pick **cilantro leaves** from stems.
- Divide **soup** between bowls and dollop with **sour cream**. Sprinkle with **Monterey Jack** and cilantro leaves. Serve with **tortilla chips** on the side for dipping.