



HEARTY ONE-POT KIDNEY 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



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



1 TBSP | 2 TBSP
Southwest Spice Blend



13.76 oz | 27.52 oz
Crushed Tomatoes



1 | 2
Kidney 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: 860



10 oz | 20 oz
Ground Beef**
Calories: 970



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 620



HELLO

BLUE CORN CHIPS

This souper scooper adds a satisfying crunch to this comforting bowl.

MAGIC BEANS

PSA: Don't toss that starchy liquid from your kidney 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)

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

GET SOCIAL

Share your **#HelloFreshPics** with us **@HelloFresh**
(646) 846-3663 | **HelloFresh.com**



1 PREP

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



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 **crushed tomatoes** 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.

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

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