



HEARTY ONE-POT BLACK BEAN & PEPPER SOUP

with Blue Corn Tortilla Chips, Monterey Jack & Sour Cream

INGREDIENTS

2 PERSON | 4 PERSON

- | | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 
1 1
Yellow Onion | 
1 2
Long Green Pepper | 
14 oz 28 oz
Diced Tomatoes |
| 
3 TBSP 6 TBSP
Sour Cream
<small>Contains: Milk</small> | 
1 TBSP 2 TBSP
Southwest Spice Blend | 
1.5 oz 3 oz
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
<small>Contains: Milk</small> | 
1.5 oz 3 oz
Blue Corn Tortilla Chips
<small>Contains: Sesame</small> |





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.

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|--------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| 
10 oz 20 oz
Organic Ground Beef** | 
10 oz 20 oz
Ground Turkey |
| Calories: 910 | Calories: 850 |



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 610



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



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 **½ 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 tomatoes**, **tomato paste**, and **Southwest Spice Blend** until combined; cook until fragrant, 1 minute.
- Once **veggies** are softened, add **beef*** or **turkey*** and season with **salt** and **pepper**. Cook, breaking up meat into pieces, until browned and cooked through, 4-6 minutes more. Cook through remainder 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.