



Cooking Made Easy

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Surprisingly Filling Mexican Broth with Spicy Beef and Beans

This recipe calls for only one or two tortillas which means you will have quite a few leftover! We hate waste so are always thinking of ways to use left-over ingredients. One suggestion is to make oven baked tortilla chips (healthier than deep fried but still delicious!) You can brush them with oil and then make them savory with a sprinkling of salt and some paprika or sweet with cinnamon and sugar. A few minutes in a hot oven and voila!





30 min



Ingredients

	2P	4P
Garlic Clove, diced	1	2
Onion, diced	1	2
Green Pepper, chopped	1	2
Organic Mixed Beans	1 tin	2 tins
Potato, chopped	1	2
Beef Mince	150g	300g
Mexican Spice	½ tbsp	1 tbsp
Smoked Paprika	½ tbsp	1 tbsp
Tomato Passata	1 carton	2 cartons
Beef Stock Pot	1	2
Wholemeal Tortilla 1	1	2
Coriander, chopped	2 tbsp	4 tbsp
Sour Cream 2	2 tbsp	4 tbsp

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Gluten | **2)** Milk

Nutrition per serving: Calories: 836 kcal | Protein: 37 g | Carbs: 90 g | Fat: 35 g | Saturated Fat: 16 g



1 Pre-heat your oven to 200 degrees. Peel and very finely dice the garlic and the onion. Remove the core from the pepper and chop into roughly 1cm chunks. Drain and thoroughly rinse the mixed beans. Peel and chop the potato into ½cm cubes.



2 Heat 1 tbsp of olive oil in a non-stick frying pan on high heat. Once hot add the beef mince with a pinch of salt and pepper. Cook until just browned, then remove to the side for later. *Tip: If you have a small pan, cook the meat in batches to stop it stewing.*



3 Add the chopped pepper into the hot pan and fry for around 4-5 mins. Once the pepper is browned off, remove from the pan and keep to the side with the meat.



4 Turn the heat down to medium-low and add 1 tbsp of olive oil. Add the garlic and onion and gently cook for 5 mins until soft. Add the potato and cook for another 2 mins.

5 Add the Mexican spice and smoked paprika and stir for a minute. *Tip: Use less of the Mexican spice if you want less heat.* Add the beef mince and the mixed beans. Lastly, add the green pepper and the tomato passata.

6 Add the beef stock pot together with 700ml of water. Bring the soup to a gentle simmer (i.e. it should not be bubbling very vigorously). Gently cook the soup for around 10 mins.

7 Rub a very light coating of olive oil onto both sides of your tortilla. Slice the tortilla into long strips (1cm thick), season with salt and pepper and place in the oven. Cook until really crispy (about 4-5 mins) but watch them like a hawk as they'll easily burn!

8 Just before serving the soup stir through a couple of tbsp of chopped coriander. Top each bowl with a dollop of sour cream, a little more chopped coriander and some of your crispy tortilla chips. Get slurping!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!