



More Than Food

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## Cold Busting Mexican Soup with Mixed Beans & Homemade Nachos

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 leftover ingredients. One suggestion is to make oven baked tortilla crisps (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 mins



spicy



veggie



Garlic Clove



Onion



Green Pepper



Organic  
Mixed Beans



Potato



Coriander



Mexican Spice



Smoked Paprika



Tomato Passata



Vegetable Stock Pot




Wholemeal Tortilla



Sour Cream

Ingredients

	2P	4P
Garlic Clove, chopped	1	2
Onion, chopped	½	1
Green Pepper, chopped	1	2
Organic Mixed Beans	1 tin	2 tins
Potato, chopped	½	1
Coriander, chopped	3 tbsp	5 tbsp
Mexican Spice	½ tbsp	1 tbsp
Smoked Paprika	½ tbsp	1 tbsp
Tomato Passata	1 carton	2 cartons
Vegetable Stock Pot 1	1	2
Wholemeal Tortilla 2	1	2
Sour Cream 3	½ pot	1 pot

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

Allergens

- 1) Celery | 2) Gluten  
3) Milk

**Nutrition per serving:** Calories: 653 kcal | Protein: 24 g | Carbs: 92 g | Fat: 20 g | Saturated Fat: 11 g



**1** Peel and very finely chop the garlic and onion. Remove the core from the pepper and chop into roughly 1cm chunks. Drain and thoroughly rinse the mixed beans, peel and chop your potato into ½cm pieces and roughly chop your coriander.



**2** Heat 1 tbsp of oil in a non-stick frying pan on high heat. Add the green pepper into the pan and fry for around 4-5 mins. Once the pepper is browned off, remove from the pan and keep to the side.



**3** Meanwhile heat 1 tbsp of olive oil in a large pot on medium-low heat. Add the garlic and onion and gently cook for 5 mins until soft. Add the potato, cook for another 2 mins.



**4** Add the Mexican spice and smoked paprika and stir for a minute. **Tip:** Use less of the Mexican spice if you don't want as much heat. Add the mixed beans. Lastly, add the tomato passata and the green pepper.

**5** Pre-heat your oven to 200 degrees. Add the vegetable 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.

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

**7** Just before serving the soup, stir through 2 tbsp of chopped the coriander. Top with a dollop of sour cream, your remaining coriander and some of your crispy tortilla strips. Get slurping!