


DINNERLY



Mexican Soup with Mixed Beans

 20-30 minutes  2 Servings

Use our special Mexican seasoning in a light tomato soup with carrot, corn and mixed beans and enjoy instant south-of-the-border flavours. Ole!

WHAT WE SEND

- crushed tomatoes
- four bean mix
- carrots
- green beans
- Mexican spice blend
- corn kernels

WHAT YOU NEED

- boiling water
- chilli flakes
- garlic clove
- olive oil
- sea salt and pepper
- tomato paste

TOOLS

- medium saucepan
- sieve

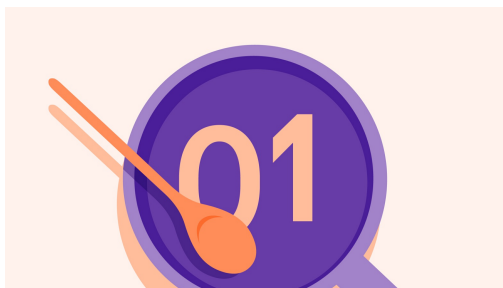
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

May contain traces of allergenic ingredients.

NUTRITION PER SERVING

Energy 550kcal, Fat 10.4g, Carbs 76.6g, Proteins 29.9g



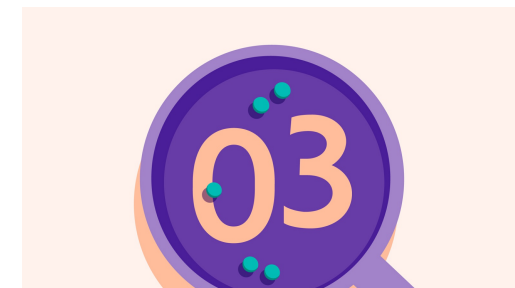
1. Prep vegetables

Crush or finely chop **2 garlic cloves**. Peel and cut the **carrot** into 1cm chunks. Drain and rinse the **four bean mix**.



2. Cook aromatics

Heat **1 tbs olive oil** in a medium saucepan over medium heat. Cook the **carrot** and **garlic**, stirring, for 3-4 mins until lightly golden. Add **2 tsp Mexican seasoning** and $\frac{1}{2}$ **tsp chilli flakes** (or to taste), and cook, stirring, for 1 min or until fragrant.



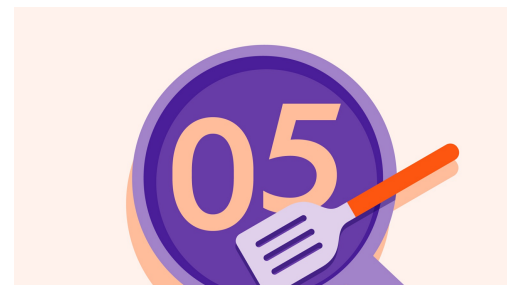
3. Add tomatoes

Add **1 tbs tomato paste** and cook, stirring, for 1 min. Add the **tomatoes, rinsed four bean mix** and **125ml ($\frac{1}{2}$ cup) boiling water**. Bring to a simmer, then reduce the heat to low and cook for 10-15 mins until the soup has thickened.



4. Add green beans and corn

Meanwhile, trim the **green beans** and cut into 3cm lengths. Drain and rinse the **corn**. Add the green beans and corn to the soup and cook for 5 mins to soften slightly. Season with **salt and pepper**.






5. Serve up

Divide the **soup** among bowls to serve.



6. Kitchen hack

Go the extra Mexican mile and stir in chopped coriander, dollop with natural yoghurt and toast up some flatbread to serve.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
View the recipe online by visiting your account at dinnerly.com.au    **#dinnerly**

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from imported
ingredients**