

# DINNERLY



## Mexican Soup with Mixed Beans

 20-30 minutes  4 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

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

## WHAT YOU NEED

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

## TOOLS

- large saucepan
- sieve

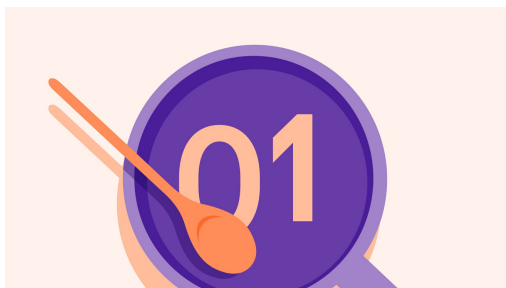
Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

May contain traces of allergenic ingredients.

## NUTRITION PER SERVING

Energy 440kcal, Fat 10.1g, Carbs 58.1g, Proteins 22.7g



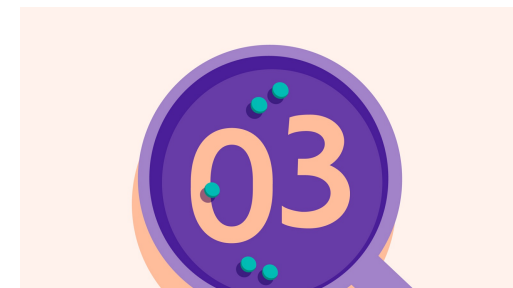
### 1. Prep vegetables

Crush or finely chop **3 garlic cloves**. Peel and cut the **carrot** into 1cm chunks. Drain and rinse the **four bean mix**.



### 2. Cook aromatics

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



### 3. Add tomatoes

Add **2 tbs tomato paste** and cook, stirring, for 1 min. Add the **tomatoes**, **rinsed four bean mix** and **250ml (1 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.