



**HEALTHY**

## **Mexican Black Bean Soup**

with Avocado Salsa



20-30min



2 Portions

All the fun and flavour of Mexican food in a warming bowl of soup. The broth, spiked with smoky chipotle, is packed with fresh corn, capsicum and tomato, then topped with a lime and avocado salsa, meaning you are well on your way to getting your five serves of veggies for the day.

## What we send

- tomato
- black beans
- capsicum
- onion
- corn cob
- cumin and coriander spice blend
- avocado
- chipotle in adobo sauce <sup>6</sup>
- vegetable stock cube
- lime
- coriander, garlic

## What you'll require

- extra virgin olive oil
- olive oil
- sea salt and pepper
- water

## Utensils

- medium saucepan

Our vegies come fresh from the farm, so please wash them before use.

## Allergens

Soy (6). May contain traces of other allergens.

## Nutrition per serving

Energy 570kcal, Fat 29.4g, Carbs 47.0g, Proteins 18.4g



### 1. Prepare vegetables

Finely chop the **onion**. Crush or finely chop the **garlic**. Cut the **capsicum** into 1cm chunks, discarding the seeds and membrane. Discard the husk and silks from the **corn**, then slice the corn kernels from the cobs.



### 2. Make stock

Crumble the **stock cubes** into a heatproof jug, add **750ml (3 cups) boiling water** and stir to dissolve. Rinse and drain the **beans**.



### 3. Cook vegetables

Heat **1 tbs olive oil** in a medium saucepan over medium heat. Add the **onion, garlic** and **capsicum**, season with **salt and pepper** and cook, stirring, for 3 mins or until softened. Add **1 tsp cumin and coriander spice blend** (the remaining spice blend won't be used in this dish) and cook for 2 mins or until fragrant.



### 4. Cook soup

Add the **corn, beans, stock** and **chipotle**. Bring to a simmer and cook for 10 mins to allow the flavours to develop.



### 5. Prepare salsa ingredients

Meanwhile, finely chop the **tomato**. Finely chop the **coriander**, including the stems. Juice the **lime**. Add the **tomato** to the soup and cook for 5 mins or until softened. Stir in **half the coriander** and **half the lime juice**. Taste, then season with **salt and pepper**.



### 6. Make avo salsa

Finely chop the **avocado** flesh. Put the **avocado, remaining coriander, remaining lime juice** and **2 tsp extra virgin olive oil** in a bowl, season with **salt and pepper** and gently toss to combine. Divide the **soup** among bowls. Scatter with the **avocado salsa** to serve.