



Mexican Black Bean Soup

with Avocado Salsa



20-30min



4 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

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

What you'll require

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

Utensils

- large 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 47.1g, Proteins 18.4g



1. Prepare vegetables

Finely chop the **onion**. Crush or finely chop the **garlic**. Cut the **capsicums** 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 **1.5L (6 cups) boiling water** and stir to dissolve. Rinse and drain the **beans**.



3. Cook vegetables

Heat **2 tbs olive oil** in a large 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 **2 tsp cumin and coriander spice blend** (any 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 **tomatoes**. Finely chop the **coriander**, including the stems. Juice the **limes**. 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 **1 tbs 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.