

DINNERLY



Mexican Bean Soup with Quesadilla Dippers



30-40 minutes



2 Servings

WHAT WE SEND

- 2 capsicums
- 50g cheddar ⁷
- 400g kidney beans
- 5g Mexican spice blend
- 1 onion
- 4 flour wraps ^{1,6,7}
- 2 vegetable stock cubes

WHAT YOU NEED

- boiling water
- garlic clove
- sugar
- tomato paste
- vegetable oil

TOOLS

- fine grater
- medium frypan with lid
- medium saucepan

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

ALLERGENS

Gluten (1), Soy (6), Milk (7). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 690kcal, Fat 25.9g, Carbs 77.6g, Proteins 27.8g



1. Prep ingredients

Finely chop the **onion**. Cut the **capsicums** into 1cm chunks, discarding the seeds and membrane. Crush or finely chop **1 garlic clove**. Rinse and drain the **kidney beans**. Finely grate the **cheese**.



2. Caramelize veggies

Heat **1 tbs vegetable oil** in a medium saucepan over high heat. Cook the **onion, garlic** and a **pinch of sugar**, stirring, for 3 mins or until lightly caramelised. Add the **capsicum** and cook, stirring, for a further 6-8 mins until lightly charred. Stir in **1½ tsp Mexican spice blend** and stir well.



3. Add stock and simmer

Meanwhile, crumble the **stock cubes** into a heatproof jug, add **500ml (2 cups) boiling water** and **2 tbs tomato paste** and stir to dissolve. Add the **kidney beans** and **tomato stock** to the veggies and bring to the boil, then reduce the heat to medium-low and cook for 15 mins or until thickened slightly. Remove the pan from the heat.



4. Make quesadillas

Meanwhile, heat a medium frypan over medium heat. Cook each **wrap** for 1 min or until light golden underneath. Scatter each wrap with **2 tsp cheese** and a **large pinch of Mexican spice blend**. Fold over the wraps to enclose the filling and cook for a further 30 secs or until the cheese is melted. Remove from the pan, cover to keep warm.



5. Finish and serve up

Taste the **soup**, then season with **salt and pepper**. Scatter over the **remaining cheese**. Cut the **quesadillas** into triangles. Divide the **soup** among bowls and serve with the **quesadilla dippers**.



6. Make it yours

Dollop with a spoonful of mayonnaise, sour cream or even Greek-style yoghurt for extra creamy flavour.