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# **Smoky Black Bean Tortilla Soup**

with Corn





30-40min 2 Portions

Inspired by our upcoming California Dreaming competition to win a trip to Sonoma County, we bring you this Cali-Mexican vegetarian soup. Smoky paprika and smoked cheddar gives this dish its irresistible wood-fire appeal, while fresh jalapeño and ground chilli add just enough heat without burn.

#### What we send

- cheddar cheese 7
- 1 garlic clove, coriander and 1 jalapeno
- 1 lime and 1 red onion
- smoky chilli spice mix (cumin, coriander, smoked paprika, chilli)
- corn kernels
- black beans
- diced tomatoes
- · vegetable stock
- flour tortillas 1

## What you'll require

- olive oil
- sea salt and pepper
- spray oil
- sugar
- water

#### Utensils

- · baking paper
- · large saucepan
- oven tray
- sieve

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

#### **Allergens**

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

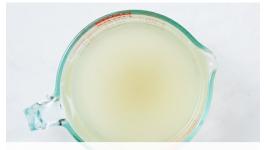
#### **Nutrition per serving**

Energy 700.0kcal, Fat 31.6g, Proteins 25.7g, Carbs 71.0g



## 1. Prepare tortilla strips

Preheat the oven to 180C. Line 2 oven trays with baking paper. Cut **3 tortillas** in half, then cut into 1.5cm strips (keep the remainder for another use). Place on the lined trays, spray with **olive oil spray**, season with **salt**, then toss until evenly coated. Lay strips flat in a single layer. Bake for 8-10 mins or until crisp, swapping trays around halfway.



### 2. Make stock

Meanwhile, crumble the **stock cubes** into a jug. Add the **boiling water** (see staples list) and stir to combine. Drain **black beans** in a sieve and set aside.



## 3. Prepare aromatics

Finely chop or crush the **garlic**. Finely chop the **jalapeño**, removing the seeds if less heat is desired. Finely grate the **onion**.



## 4. Start soup

Heat the **oil** in a large saucepan over medium-high heat. Add the **garlic**, **jalapeño** and **onion**. Cook, stirring, for 2-3 mins until softened. Add the **spice mix** and cook, stirring, for 1 min or until fragrant. Add the **stock**, **tomatoes**, **black beans** and **sugar**. Simmer for a further 10-12 mins to allow the flavours to infuse.



5. Prepare ingredients

Meanwhile, finely grate the **lime** rind and juice **half the lime** (keep the remainder for another use). Finely chop the **coriander**, including the stems, reserving some leaves to serve. Finely grate half the **cheddar** (save remaining half for other use).



6. Finish soup

Stir the **corn**, **lime zest** and **lime juice** into the soup. Season with **salt and pepper**. Stir in the **chopped coriander** and cook, stirring, for 2 mins or until warmed through. Remove pan from heat. Divide soup among bowls. Scatter over the **cheddar** and **coriander leaves**. Serve with the tortilla strips.

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