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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.



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.



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.



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).



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**.



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.