



# Tex-Mex Lentil Tortilla Soup

## with Peppers and Corn

Veggie

Spicy

35 Minutes

Customized Protein **+ Add** **↻ Swap** or **\*2 Double**

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Ground Beef  
250 g | 500 g



Chicken Breast, diced  
310 g | 620 g



Red Lentils  
½ cup | 1 cup



Vegetable Broth Concentrate  
2 | 4



Guacamole  
3 tbsp | 6 tbsp



Crushed Tomatoes with Garlic and Onion  
1 | 2



Green Bell Pepper  
1 | 2



Enchilada Spice Blend  
2 tbsp | 4 tbsp



Tex-Mex Paste  
1 tbsp | 2 tbsp



Cilantro  
7 g | 14 g



Tortilla Chips  
85 g | 170 g



Red Onion  
1 | 1



Corn Kernels  
113 g | 227 g



Jalapeño  
1 | 1

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Salt, oil, pepper

Cooking utensils | 2 baking sheets, large pot, measuring cups, measuring spoons, strainer

1



## Prep

- Before starting, preheat the oven to 425°F
- Wash and dry all produce.

- Peel, then cut **half the onion** (whole onion for 4 ppl) into ½-inch pieces.
- Core, then cut **pepper** into ½-inch pieces.
- Core, then finely chop **half the jalapeño** (whole jalapeño for 4 ppl), removing seeds for less heat. (TIP: We suggest using gloves when prepping jalapeños.)
- Rinse **lentils** in a strainer until **water** runs clear.

4



## Finish soup

+ Add | **Chicken Breast, diced**

- Add **lentils, broth concentrate** and **3 cups** (6 cups) **water** to the same pot. Bring to a boil over high heat.
- Once boiling, reduce heat to medium. Cook, stirring often, until **lentils** soften, 10-15 min.
- Add **crushed tomatoes**. Cook, stirring occasionally, until **soup** thickens slightly, 5-6 min.
- Season with **salt** and **pepper**.
- Stir in **veggies** once they are cooked.

2



## Roast veggies

- Add **peppers, onions, corn, half the Enchilada Spice Blend** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet.
- Season with **salt** and **pepper**, then toss to combine.
- Bake in the **middle** of the oven, stirring halfway through, until tender, 18-20 min. Set aside.

5



## Toast chips

- Meanwhile, add **tortilla chips, remaining Enchilada Spice Blend** and **1 tbsp oil** to another unlined baking sheet, then toss to combine. (NOTE: For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.)
- Toast in the **top** of the oven, until crisp and fragrant, 2-3 min. (NOTE: For 4 ppl, toast in the top and the bottom of the oven, rotating sheets halfway through.)
- Season with **salt** and **pepper**, to taste.

3



## Start soup

+ Add | **Ground Beef**

+ Add | **Chicken Breast, diced**

- Meanwhile, heat a large pot over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **1 tbsp** (2 tbsp) **jalapeños** and **Tex-Mex paste**. Cook, stirring often, until fragrant, 1-2 min.

6



## Finish and serve

- Divide **soup** between bowls.
- Dollop **guacamole** over top.
- Tear **cilantro** and sprinkle over top.
- Sprinkle with more **jalapeños**, if desired.
- Crush as many **tortilla chips** over **soup** as desired. Serve **any remaining chips** on the side.

Measurements  
within steps

1 tbsp (2 tbsp) oil  
2 person 4 person Ingredient

## 3 | Start soup and cook beef

+ Add | **Ground Beef**

If you've opted to add **beef**, heat pan over medium-high. When the pan is hot, add ½ **tbsp** (1 **tbsp**) **oil** and **beef**, along with **jalapeños** and **Tex-Mex paste**. Season with **salt** and **pepper**. Cook, breaking up **beef** and stirring often until **beef** is cooked through, 4-6 min.\*\* Drain and discard excess fat, if desired. Follow the rest of the recipe as written.

## 3 | Start soup and cook chicken

+ Add | **Chicken Breast, diced**

If you've opted to add **diced chicken**, heat a large pot over medium heat. When hot, add **1 tbsp** (2 **tbsp**) **oil**, then **1 tbsp** (2 **tbsp**) **jalapeños**, **chicken** and **Tex-Mex paste**. Cook, stirring often, until fragrant, 1-2 min.

## 4 | Finish soup

+ Add | **Chicken Breast, diced**

Add **lentils, broth concentrate** and **3 cups** (6 cups) **water** to the same pot. Bring to a boil over high heat. Once boiling, reduce heat to medium. Cook, stirring often, until **lentils** soften, 10-15 min. Add **crushed tomatoes**. Cook, stirring occasionally, until **soup** thickens slightly and **chicken** is cooked through, 5-6 min.\*\*

\* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

\*\* Cook to a minimum internal temperature of 74°C/165°F.