

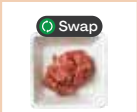


Carb Smart Beef Taco Soup

with Crushed Tortilla Chips

Smart Meal

25 Minutes



Ground Turkey
250 g | 500 g

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](https://www.hellofresh.ca)



Ground Beef
250 g | 500 g



Tortilla Chips
42 ½ g | 85 g



Sweet Bell Pepper
1 | 2



Tomato
1 | 2



Yellow Onion
1 | 2



Cilantro
7 g | 14 g



Cream Cheese
2 | 4



Cheddar Cheese, shredded
¼ cup | ½ cup



Crushed Tomatoes
369 ml | 738 ml



Beef Stock Powder
1 tbsp | 2 tbsp



Enchilada Spice Blend
1 tbsp | 2 tbsp



Mexican Seasoning
1 tbsp | 2 tbsp

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 | Sugar, oil, salt, pepper

Cooking utensils | Baking sheet, large pot, measuring cups, measuring spoons

1



Prep

- Before starting, preheat the oven to 350°F.
- Wash and dry all produce.
- Core, then cut **pepper** into ½-inch pieces.
- Cut **tomatoes** into ¼-inch pieces.
- Peel, then cut **onion** into ¼-inch pieces.
- Roughly chop **cilantro**.

2



Cook beef and veggies

Swap | Ground Turkey

- Heat a large pot over medium-high.
- When hot, add **2 tsp** (4 tsp) **oil**, then **beef**, **onions** and **peppers**. Cook, stirring often, until no pink remains, 4-5 min. ** Season with **salt** and **pepper**.

3



Start soup

- Add **Enchilada Spice Blend**, **crushed tomatoes**, **stock powder**, **cream cheese**, **half the Mexican Seasoning**, ¼ tsp (½ tsp) **sugar** and **2 cups** (4 cups) **water**. Bring to a boil, then reduce heat to medium-low. Cook until **cream cheese** melts and **liquid** is reduced slightly, 5-7 min.

4



Toast tortilla chips

- Meanwhile, add **half the tortilla chips** (use all for 4 ppl), **1 ½ tsp** (3 tsp) **oil** and **remaining Mexican Spice Blend** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Bake in the **bottom** of the oven until lightly toasted, 2 min.

5



Finish and serve

- Divide **soup** between bowls.
- Crush **tortilla chips** over top, then garnish with **cheese**, **tomato** and **cilantro**.

Measurements
within steps

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

2 | Cook turkey and veggies

Swap | Ground Turkey

If you've opted to get **turkey**, add **1 tbsp** (2 tbsp) **oil** to the pan, then add **turkey**. Cook **turkey** in the same way the recipe instructs you to cook the **beef**. **

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