



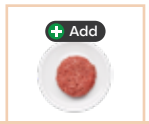
Tex-Mex Lentil Tortilla Soup

with Peppers and Corn

Veggie

Spicy

35 Minutes



Beyond Meat®

2 | 4

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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)



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
½ | 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.

1



Prep

- Before starting, preheat the oven to 450°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.

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-crisp, 18-20 min. Set aside.

3



Start soup

- + Add | Beyond Meat®**
- 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.

4



Finish soup

- Add **lentils, broth concentrate** and **2 ½ cups** (5 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.

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.

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.

3 | Start soup

+ Add | Beyond Meat®

If you've opted to add **Beyond Meat®**, when the pot is hot, add **1 tbsp** (2 tbsp) **oil**, then **patties**. Cook, breaking up **patties** into bite-sized pieces, until crispy, 5-6 min.** Season with **salt** and **pepper**. Add **jalapeños** and **Tex-Mex paste**. Follow the rest of the recipe as written.



Issue with your meal? Scan the QR code to share your feedback.