

Mexican Bean Soup

with Chicken Mince and Nachos

hellóchef

Warming and indulgent!

Cals 1069 • Prot 80 • Carbs 94 • Fat 45

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 40 min

R2785



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Soup	2 ppl	3 ppl	4 ppl	
Chicken mince	400	600	800	Grams
Tomatoes	2	2	3	Piece
Brown onion	1	1	1	Piece
Garlic cloves	3	5	6	Piece
Jalapeno slices	30	45	60	Grams
Red kidney beans	240	240	480	Grams
Sweet corn kernels	122	122	244	Grams
Vegetable oil	2	3	4	Tbsp
Chicken stock cube 4*, 5*, 9*, 15*	1	2	2	Piece
Salt	1	1	2	Tsp
Taco seasoning	10	15	20	Grams
Chipotle powder	2	2	4	Grams
Tomato paste	70	70	140	Grams
Honey	15	15	30	Grams
Water	800	1200	1600	ML
Black pepper	0.5	1	1	Tsp
Lime	2	2	3	Piece
Grated Monterey Jack 4*	60	90	120	Grams
To serve				
Nachos	80	120	160	Grams
Fresh coriander	15	15	15	Grams

Allergens

*4 Milk, *5 Eggs, *9 Soya, *15 Celery

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide and Celery.**

Nutritional information

Per Serving*

Energy (kJ/kcal)	4472 / 1069
Fat (g)	44.9
of which saturates (g)	14.2
Carbohydrate (g)	94
of which sugars (g)	23.3
Fiber (g)	19.5
Protein (g)	79.5
Salt (g)	6.3

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep vegetables

Chop the **tomatoes**. Peel and chop the **onion** and **garlic**. Chop the **jalapeno slices**. Rinse and drain the **red kidney beans** and **sweet corn** in a colander.



2 Start soup

Heat a large soup pot over a medium-high heat with a drizzle of **vegetable oil**. Once hot, add the **chicken mince** and **onion** and fry with a pinch of **salt** for 5 min. Add the **garlic, tomatoes, jalapeno (spicy!), taco seasoning (spicy!), chipotle (spicy!)** and **tomato paste** and cook for 2 min further.



3 Simmer

Add the **honey, measured water, stock cube, kidney beans, corn and black pepper**. Cover with a lid and simmer for 10 min. Finally, add the juice of half of the **limes**. Slice the remaining **limes** into wedges. Check the seasoning of the soup and add a pinch of **salt** if needed.



4 Serve

Divide the **soup** among bowls. Sprinkle with the **grated cheese** and let it melt. Serve the **soup** with the **nachos, fresh coriander** leaves and **lime** wedges.

Tip! Use the broiler/ grill to finish off the soups. The cheese will not only melt, but will also turn golden brown and start bubbling!