

Mexican Bean Soup

with Chicken Mince and Nachos

Warming and indulgent!

Cals 955 • Prot 65 • Carbs 96 • Fat 38

Low-Carb



⌚ 40 min

R3

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	145	145	290	Grams
Vegetable oil	2	3	4	Tbsp
Chicken stock cube	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	60	90	120	Grams
To serve				
Nachos	80	120	160	Grams
Fresh coriander	15	15	15	Grams

Allergens

May contain the following items and their products: crustaceans, peanuts, soybeans, cree nuts, sesame seeds, fish, eggs, milk, gluten, celery, mustard, sulphur dioxide and sulphites.



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 (see pro tip). Serve the **soup** with the **nachos**, **fresh coriander** leaves and **lime** wedges.



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Pro 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!

Tips For Fussy Eaters

Prepare a batch without any of the spicy stuff (that's jalapenos, taco seasoning or chipotle powder).