



**NUTRITION** *per serving* 87g carbohydrates 19g fat 20g protein 1531mg sodium | calorie-conscious, vegetarian



Calories  
**592**



Prep & Cook Time  
**30-40 min.**



Cook Within  
**3 days**



Difficulty  
**Easy**



Spice Level  
**Mild**



## Black Bean Tortilla Soup

with avocado, lime, and homemade tortilla strips

### IN YOUR BOX

- 1 Red Onion
- 5 Cilantro Sprigs
- 2 Small Corn Tortillas
- 1 Lime
- 15 ½ oz. Black Beans
- 4 oz. Corn Kernels
- 2 Tbsp. Santa Fe Seasoning
- 4 tsp. Vegetable Base
- 1 Avocado

### IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Wire-Mesh Strainer
- Mixing Bowl
- Medium Non-Stick Pan
- Medium Pot

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## BEFORE YOU COOK

- ❑ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ❑ Thoroughly rinse produce and pat dry
- ❑ Place a wire-mesh strainer in the sink

## WHILE YOU COOK

- ❑ **Heads Up!** **Crispy tortilla strips** and **cilantro** are both used twice. Half of each are added to simmering **soup** and remaining garnish dish.
- ❑ If you can't stand **cilantro**, you're not alone. Natural chemicals present in cilantro can taste "soapy" to some eaters. Feel free to omit.

## FROM THE CHEF

The combination of mashed black beans and simmered tortillas help thicken and give this soup body. Corn tortillas are made from masa, which breaks down and thickens the soup.

### Did you know...

*Avocados ripen after they're picked; it can be difficult to tell from the outside whether they are ripe or not. Put the avocado in your hand and squeeze using your palm (not your fingertips; that may bruise the fruit). If it yields to the gentle pressure, congratulations! You've got yourself a ripe one.*



1

## Prepare the Ingredients

Halve and peel **onion**. Cut halves into ¼" dice. Mince **cilantro** stems and leaves. Halve **tortillas** and cut halves into 1/8" strips. Quarter **lime**. Drain and rinse **black beans**. Transfer half the beans to a medium mixing bowl and mash into a coarse paste.



2

## Make the Crispy Tortillas Strips

Line a plate with a paper towel. Heat 1 Tbsp. **olive oil** in a medium non-stick pan over medium-high heat. Add **tortilla strips** to hot pan and cook, stirring constantly, until golden brown and crispy, 3-4 minutes. Transfer to towel-lined plate and season with a pinch of **salt and pepper**. Set aside.



3

## Start the Soup

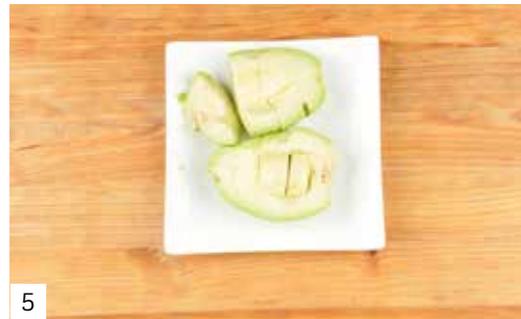
Heat 1 tsp. **olive oil** in a medium pot over medium heat. Add **onions** and **corn** to hot pot and cook, stirring occasionally, until slightly caramelized, 4-5 minutes. Add **mashed black beans**, **whole black beans**, **seasoning blend**, **vegetable base**, and 5 cups **cold water**. Increase heat to high and bring to a simmer. Reduce heat to medium-low and simmer until slightly reduced, 10 minutes.



4

## Finish the Soup

Stir in **half the crispy tortilla strips** and **half the cilantro** (reserve remaining of both for garnish) to soup. Simmer until soup thickens enough to coat the back of a spoon, 15-18 minutes. *Consistency should be similar to a tomato soup.* Season with ¼ tsp. **salt** and a pinch of **pepper**. While soup simmers, prepare avocado.



5

## Prepare the Avocado

Halve **avocado** and remove pit by *carefully* tapping pit with the blade of your knife so it sticks. Gently twist knife to release pit. Scoop out the flesh with a spoon. Cut avocado flesh into ½" dice.



6

## Plate the Dish

Serve **soup** in a bowl along with diced **avocado**. Top with remaining **crispy tortilla strips** and remaining **cilantro**. Serve with **lime wedges** on side.