



BLACK BEAN TORTILLA SOUP

SERVES 2 OR 4

TIME: 30 MIN

CALORIES: 530/SERVING



This spicy plant-based soup is elevated by the addition of crispy corn tortillas, creamy vegan sour cream, zingy lime juice and fresh spicy jalapeños to make the perfect warming meal that's filling and light all at the same time.

WHAT YOU'LL NEED

- Baking sheet
- Silicone baking mat (optional)
- Medium pot
- Oil
- Salt



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

	2 servings	4 servings
Shallot	1	2
Garlic	2 cloves	4 cloves
Jalapeño	1	2
Red pepper	1	2
Tomato mix	2 cups	4 cups
Black beans	1 cup	2 cups
Cilantro	1/8 bunch	1/4 bunch
Lime	1	1
Corn tortillas	4	8
Crema mix	1/4 cup	1/2 cup
Spice blend	2 tsp	4 tsp



Preheat oven to 425°F. Prep ingredients: finely dice the **shallot**, mince the **garlic**, dice the **red pepper**, de-seed the **jalapeño** then dice one half and thinly slice the other, rinse the **black beans**, chop the **cilantro**, slice the **tortilla** into strips, and cut **lime** into wedges.



Toss the **tortilla strips** with 1-2 tbsp of **oil** (2-4 for 4 servings) to lightly coat them and arrange them on a baking sheet lined with silicone baking mat (optional) or lightly greased. Bake for 5-8 minutes, checking frequently, until crispy and golden. Season with **salt** immediately after taking out of oven.



In a medium pot over medium heat, heat 1 tbsp of **oil** (2 tbsp for 4 servings). Add **shallot** and sauté until translucent. Add **garlic**, **diced jalapeño**, and **red pepper** and sauté for another 2-5 minutes. Stir in the **spice blend** and cook until fragrant, about 1 minute



Pour the **tomato mix**, **black beans**, and 2 cups of water into the pot and bring mixture to a boil, then lower to simmer for 10 minutes. Taste and season with **salt** as needed. Ladle the soup into bowls and garnish with the **tortilla strips**, **crema**, **cilantro**, and **sliced jalapeños**, with **lime wedges** on the side.

Nutrition Facts		Valeur nutritive	
Per Serving (701 g)			
pour 1 (701 g)			
Calories 530		% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides 13 g			17 %
Saturated / saturés 2.5 g			13 %
+ Trans / trans 0.1 g			
Carbohydrate / Glucides 88 g			
Fibre / Fibres 27 g			96 %
Sugars / Sucres 14 g			14 %
Protein / Protéines 25 g			
Cholesterol / Cholestérol 0 mg			0 %
Sodium 2970 mg			129 %
Potassium 1550 mg			33 %
Calcium 250 mg			19 %
Iron / Fer 7.5 mg			42 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			