



Black Bean Tortilla Soup

with Chipotle, Corn & Sour Cream



20-30min



2 Servings

There is a lot to love about tortilla soup. It's hearty, flavorful, and full of good-for-you ingredients like folate-rich black beans, vitamin C-packed peppers, and sweet corn. But our favorite part about this soup is loading it up with toppings! We top our vegetarian soup with crispy tortilla strips, chopped onions, fresh cilantro, sour cream, and a squeeze of fresh lime juice.

What we send

- 1 red onion
- 1 Anaheim pepper
- 6 (6-inch) corn tortillas
- 14½ oz whole peeled tomatoes
- ¼ oz chipotle chili powder
- 5 oz corn
- 15 oz can black beans
- ¼ oz fresh cilantro
- 1 lime
- 1 oz sour cream ⁷

What you need

- olive oil
- kosher salt & ground pepper

Tools

- medium Dutch oven or pot
- rimmed baking sheet

Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 620kcal, Fat 19g, Carbs 97g, Protein 18g



1. Prep ingredients

Preheat oven to 400°F with a rack in the upper third. Halve and finely chop **onion**. Halve **pepper**, discard stem and seeds, and finely chop. Finely chop **2 tortillas**, then stack remaining and cut into ¼-inch thick strips. Use kitchen shears to cut **tomatoes** in the can until finely chopped.



2. Sauté veggies

Heat **1 tablespoon oil** in a medium Dutch oven or pot over medium-high. Add **chopped peppers, all but 2 tablespoons of the chopped onions, and a pinch each of salt and pepper**. Cook, stirring occasionally, until softened, but not browned, 5-7 minutes. Add **½-1 teaspoon chipotle powder** (depending on heat preference) and cook, stirring, until fragrant, about 1 minute.



3. Simmer soup

To skillet with **veggies**, add **corn, black beans and liquid, tomatoes, chopped tortillas, 2 cups water, and a pinch each of salt and pepper**. Bring to a simmer over medium-high heat, then reduce heat to medium and cook, stirring occasionally to prevent sticking to the bottom of pot, until slightly thickened, 8-10 minutes.



4. Bake tortilla strips

Meanwhile, toss **tortilla strips** on a rimmed baking sheet with **1 tablespoon oil and a pinch each of salt and pepper**. Bake on upper oven rack until golden brown and crisp, 10-15 minutes, tossing halfway through (watch closely as ovens vary and tortillas go from golden to burnt quickly). Remove from oven and sprinkle with **salt**.



5. Prep toppings

Coarsely chop **cilantro leaves and stems**. Cut **lime** into wedges.



6. Finish & serve

Remove **soup** from heat, add **half of the chopped cilantro**, and squeeze in **1 teaspoon lime juice** from wedges. Season to taste with **salt and pepper**. Top **black bean soup** with **crispy tortillas, remaining chopped cilantro, sour cream, and reserved chopped onions**. Serve **any remaining lime wedges** on the side for squeezing over. Enjoy!