



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

What you need

- olive oil
- kosher salt & ground pepper

Tools

- medium Dutch oven or pot
- rimmed baking sheet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

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

Nutrition per serving

Calories 640kcal, Fat 20g, Carbs 98g, Proteins 19g



1. Prep ingredients

Preheat oven to 400°F with a rack in the upper third. Finely chop **all of the onion**. Halve **pepper**, remove stem and seeds, and finely chop. Finely chop **2 tortillas**, then stack **4 tortillas** and cut into ¼-inch thick strips. Cut **tomatoes** in the can using kitchen shears until finely chopped.



2. Sauté veggies

Heat **1 tablespoon oil** in a medium Dutch oven or pot over medium-high. Add **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

Add **corn, black beans and liquid, tomatoes, chopped tortillas, 2 cups water, and a pinch each of salt and pepper to veggies** in skillet. 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**. Squeeze **1 teaspoon lime juice**, then cut any remaining lime into wedges.



6. Finish & serve

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