



**GREEN  
CHEF**

## SOUTHWEST TOMATO & BLACK BEAN SOUP

*bell pepper, lime zest, coconut milk, tomato salsa, Cholula*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

560

### MENU

VEGAN // GLUTEN-FREE

This satisfyingly creamy vegan soup delivers flavor-packed comfort no matter the weather. Southwest flavors like paprika, cumin, and lime run through the luxurious broth. For texture and contrast, you'll find diced green bell pepper in the soup, and salsa dolloped on top of each bowl.

### INGREDIENTS (12 ITEMS)

¼ oz	<b>Cilantro</b>
1 whole	<b>Roma tomato</b>
1 whole	<b>Lime</b>
1 whole	<b>Yellow onion</b>
13¼ oz	<b>Black beans</b>
1 unit	<b>Green bell pepper</b>
1 tbsp	<b>Cornstarch</b>
1½ oz	<b>Tomato paste</b>
2 whole	<b>Vegetable stock concentrates</b>
1 tbsp	<b>Paprika-cumin spice blend</b>
5 oz	<b>Coconut milk</b> <small>T</small>
1 tsp	<b>Cholula sauce</b>

### WHAT YOU'LL NEED

large pot  
mixing bowls  
measuring cup & spoons  
strainer  
microplane  
potato masher  
cooking oil  
salt & pepper

### ALLERGENS

T TREE NUTS (coconut)



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to [greenchef.com/faq](https://greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

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## PREP

- De-stem **cilantro**; roughly chop leaves.
- Medium dice **Roma tomato** into pieces, about ½ inch each.
- Zest half the **lime** with a microplane (or on small holes of a box grater) over a small bowl. Quarter **lime**.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- Strain and rinse **black beans**.
- Small dice **green bell pepper\*** into pieces, about ¼ inch each.

*\*The ingredient you received may be a different color.*

COOKING FOR  
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2

## MAKE SALSA

- Place **cilantro** and about half the **tomato** in a medium bowl. Squeeze juice from two **lime wedges** over bowl. Season with about ¼ teaspoon salt. Stir to combine.

3

## MAKE BEAN MIXTURE

- Heat about 1½ tablespoons cooking oil in a large pot over medium heat. Add **onion**, **beans**, and **lime zest**. Season with about ¼ teaspoon salt and about ¼ teaspoon pepper. Cook 3–4 minutes, or until beans begin to soften, stirring occasionally.
- Remove from heat.

4

## MASH BEANS

- Place **cornstarch**, about half the **bean mixture**, and about ¼ cup water in a second medium bowl. Lightly season with salt and pepper. Mash with a potato masher (or fork) into a chunky consistency.

5

## START SOUP

- Return pot with remaining **bean mixture** to stovetop over medium heat. Add **bell pepper** and remaining **tomato**. Cook 4–6 minutes, or until bell pepper is softened, stirring occasionally.
- Add **tomato paste**, **vegetable stock concentrates**, and **paprika-cumin spice blend**. Drizzle with about 1 tablespoon cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 2–4 minutes, or until veggies are coated, stirring occasionally.

6

## FINISH SOUP

- Add **coconut milk**, **mashed bean mixture**, and about 1 cup water to pot. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine. Reduce heat to medium low. Simmer about 5 minutes, or until flavors meld and soup thickens, stirring occasionally.

7

## PLATE YOUR DISH

- Divide **Southwest tomato and black bean soup** between bowls. Squeeze juice from remaining **lime wedges** over soup. Top with **tomato salsa**. Drizzle with **Cholula sauce** to taste (or omit). Enjoy!





## Nutrition Facts

2 Servings per container

**Serving size** (521g)

**Amount per serving**

**Calories** **560**

	% Daily Value*
<b>Total Fat</b> 32g	41%
Saturated Fat 12g	60%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 1810mg	79%
<b>Total Carbohydrate</b> 54g	20%
Dietary Fiber 11g	39%
Total Sugars 13g	
Includes 3g Added Sugars	6%
<b>Protein</b> 13g	
Vitamin D 0mcg	0%
Calcium 127mg	10%
Iron 3mg	15%
Potassium 1463mg	30%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### All ingredients in this recipe:

**Black Beans** [organic black beans, water, sea salt, calcium chloride (firming agent)], **Coconut Milk** [coconut milk], **Tomato Paste** [tomato paste, citric acid], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Roma Tomatoes**, **Bell Peppers**, **Lime**, **Cornstarch** [cornstarch], **Cholula Sauce** [water, peppers (arbol & piquin), salt, vinegar, garlic powder, spices, xanthan gum], **Yellow Onion**, **Paprika-Cumin Spice Blend** (Smoked Paprika, Sweet Paprika, Nutritional Yeast [dried yeast, niacin, pyridoxine hydrochloride (B6), riboflavin (B2), thiamin hydrochloride (B1), folic acid, vitamin B12], Ground Cumin, Dried Oregano, Ground Coriander, Granulated Garlic), **Cilantro**

### Allergen information:

Contains Tree Nuts

*Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.*

*Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.*