



PRICE: CA \$11.50 | US \$10.50 (PACK OF 3)
 VOLUME: 44 g (1.6 oz)

FLAVOUR PROFILE

Robust, fresh Mexican flavours of bell pepper, cumin, garlic and chili.

FEATURES & BENEFITS

No measuring or chopping required – go from stovetop to table in 20 min. Simply blend with frozen veggies and canned pantry staples.

1 bag makes 8 cups prepared soup.

Blend is vegan! Enjoy 20 g of protein per 2-cup serving.

Keep it vegetarian or customize with pulled pork or chicken, shrimp or ground meat.

No artificial colours and flavours.

LABEL DIRECTIONS

Makes 4 servings

In a large multipurpose pot, combine 5 cups hot water or broth with seasoning; cover and bring to a boil. Stir in 1 can (14 oz/398 ml) crushed tomatoes; cover and return to a boil. Reduce heat to medium. Add 1 can (19 oz/540 ml) black beans, drained and rinsed, and ½ cup fresh or frozen corn. Simmer uncovered, 5–10 min. Top each serving with 2 tbsp each Greek yogurt, diced avocado, grated cheese, crumbled tortilla chips, and a squeeze of lime.

INGREDIENTS LIST*

Chili powder (cayenne pepper, cumin seed, oregano, paprika, chili powder natural, salt, garlic, rice concentrate), chilies, chives, garlic, green bell pepper, inactive nutritional yeast, onion, red bell pepper, roasted tomatoes, tomato powder (tomato, rice concentrate).

ALLERGENS AND SENSITIVITIES:

*Ingredient list is in alphabetical order for proprietary reasons.

RECIPE IDEAS

Customize and stir in prepared pulled pork or pulled chicken for a meatier meal.

KITCHEN HACK

Make tortilla strips in the microwave! Lightly brush tortilla with oil, cut in strips, lay in a single layer on multipurpose steamer tray, cover with a sheet of paper towel, and microwave for 1 minute.

COMPANION PRODUCTS

Check epicure.com for current availability.

FOOD & BEVERAGES:

- Pulled Chicken Seasoning
- Pulled Pork Seasoning
- Guacamole Dip Mix
- Good Mexican. Real Fast.™ Meal Kit

COOKWARE:

- 12 cup Multipurpose Pot
- Multipurpose Steamer
- Ladle
- Sauté Spoon
- 2-in-1 Citrus Press

*US Nutritional Facts Table may vary due to FDA regulations. Find US Nutritional Facts Tables at epicure.com.

Nutrition Facts		Valeur nutritive	
Per 1/4 package dry mix (11 g) / Par 1/4 du sachet de mélange (11 g)			
About 2 cups prepared / Environ 2 tasses préparées			
	Dry Mix [†]	Prepared [‡]	
	Mélange [†]	Préparé [‡]	
Calories	35	380	
	% Daily Value* / % valeur quotidienne*		
Fat / Lipides 0.4 g [†]	1 %	20 %	
Saturated / saturés 0.1 g			
Trans / trans 0 g	1 %	23 %	
Carbohydrate / Glucides 7 g			
Fibre / Fibres 2 g	7 %	54 %	
Sugars / Sucres 3 g	3 %	5 %	
Protein / Protéines 2 g			
Cholesterol / Cholestérol 0 mg			
Sodium 35 mg	2 %	13 %	
Potassium 200 mg	4 %	23 %	
Calcium 20 mg	2 %	17 %	
Iron / Fer 1 mg	6 %	28 %	
[†] Amount in dry mix / Teneur dans le mélange.			
[‡] Prepared adds 350 Calories, 15 g Fat (4.5 g Saturated), 41 g Carbohydrate (13 g Fibre, 2 g Sugars), 18 g Protein, 15 mg Cholesterol, 270 mg Sodium. / La recette préparée ajoute 350 Calories, 15 g Lipides (4.5 g saturés), 41 g Glucides (13 g Fibres, 2 g Sucres), 18 g Protéines, 15 mg Cholestérol, 270 mg Sodium.			
*5% or less is a little, 15% or more is a lot			
*5% ou moins c'est peu, 15% ou plus c'est beaucoup			

WE KEEP IT SIMPLE: CLEAN INGREDIENTS, ALWAYS.

- Free of preservatives and artificial colors.
- 100% gluten-free and nut-free.
- Sodium and sugar conscious.
- Made from ethically sourced ingredients.
- 85% Non-GMO Project Verified.