

Shrimp Tortilla Soup with Cheesy Nachos

Tortilla soup is one of the fastest, most delicious Mexican dinners. We're serving our version with tender shrimp, white beans, and sour cream, then topping it with freshly baked cheesy nachos. The result is a fun and flavorful meal the whole family will love.

30 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Baking Sheet
Large Saucepan or Dutch
Oven

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Shrimp
Beans, Corn & Onion
Soup Broth
Cheese & Sour Cream
Tortilla Chips

Make The Meal Your Own

Like it hot? Add a pinch or two of crushed red pepper once it's cooked.

Good To Know

Shrimp is a good source of selenium, omega-3 fatty acids, vitamin B12 and astaxanthin, a natural and powerful antioxidants

Health snapshot per serving – 730 Calories, 47g Protein, 36g Fat, 59g Carbs, 18 Freestyle Points

Lightened up Health Snapshot per serving- 600 Calories, 27g Fat, 51 Carbs 14 Freestyle Points, by using 2/3 of the chips and cheese

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Shrimp, Enchilada Sauce, Cream, Corn, Sour Cream, Tomato, Onion, Tortilla Strips, Chihuahua Cheese, White Cheddar, Green Onion, Great Northern Beans, Vegetable Broth, Cilantro, Tomato Paste, Lime Juice, Coriander, Cumin

meez*meals*

1. Get Organized

Preheat the oven to 425.

2. Make the Soup

Heat 1 Tbsp of olive oil in a large saucepan over medium-high heat. When the oil is hot, add the **Beans, Corn & Onion** and cook until the onions are translucent and the vegetables have softened, about 4 minutes.

Add the **Soup Broth** (orange in color) and 1 cup of water and bring the mixture to a boil. Reduce heat to low and simmer, uncovered, until the broth thickens, about 15 minutes.

Once the broth has thickened, pat dry the **Shrimp** and cut into thirds. Add the cut shrimp to the broth and simmer for an additional 5 minutes. Stir in the remaining **Cheese & Sour Cream** (the portion not used for the nachos) then remove from the heat.

3. Create the Nacho Topper

When the broth is first simmering, arrange the **Tortilla Chips** into two equal sized circles on a rimmed baking sheet. Spread two-thirds of the cheese & sour cream over the top of the tortilla chips and bake until the cheese starts to turn brown and bubbly, about 10 to 12 minutes.

4. Put It All Together

Serve the soup with the nachos over top. Enjoy!

You don't need to eat it right away just be sure to remove from the heat so the shrimp doesn't get overcooked.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois