



White Bean Chicken Chili

Prep Time: 15 min

Cook Time: 45 min

Serves: 4

NUTRITION FACTS, PER SERVING:

344 calories

16 g fat

894 mg sodium



INGREDIENTS: **** Items not included in kit**

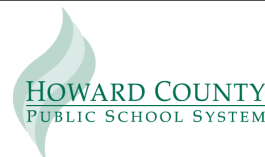
- 1lb ground chicken
- 1/4 tsp salt & 1/4 tsp black pepper**
- 2 TB olive oil**
- 1 small jalapeno pepper, diced (Do NOT touch eyes after chopping. Wash hands immediately after prepping.)
- 1 poblano pepper, diced
- 1 large onion, diced
- 3 garlic cloves, minced
- Chicken Chili Spices (1 TB ground cumin, 1 1/2 tsp ground coriander, 1 tsp chili powder)
- 2 cans (14.5 ounces each) cannellini beans, rinsed and drained
- 4 cups chicken broth
- 1 lime, juiced
- 1/4 cup chopped fresh cilantro leaves
- 1 cup shredded cheddar cheese
- Mixed greens
- Favorite salad dressing**

DIRECTIONS:

1. Dice the **poblano pepper** and set aside. Cut the **jalapeno** in half and remove the seeds and white ribs. Dice the jalapeno into a small dice. IMMEDIATELY wash your hands after prepping the jalapeno and avoid contact with your eyes. Juice **1 lime** and set aside. Peel and mince the **garlic cloves**, set aside. Remove the **cilantro** leaves from the stems and combine in a pile. Chop the cilantro leaves to make 1/4 cup, set aside.
2. Drain and rinse the **cannellini beans**, set aside.
3. In a large pot, heat **2 TB olive oil** over medium-high heat; cook **ground chicken**, breaking apart into a crumble for 10-12 minutes or until no longer pink. Season with **1/4 tsp salt** and **1/4 tsp black pepper**.
4. To the cooked ground chicken, add the **diced poblano & jalapeno peppers, diced onions, and minced garlic** and sauté until the peppers & onions are soft and fragrant, about 5 minutes. Add the **Chicken Chili Spices** and continue to sauté for 1 more minute. Stir in **4 cups chicken broth** and **lime juice** and the drained and rinsed **cannellini beans** to the pot and simmer for 30 minutes on medium-low heat.
5. Serve the chili in individual bowls and top with **shredded cheese** and chopped fresh **cilantro**.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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Jambalaya with Shrimp, Chicken & Turkey Sausage

Prep Time: 15 min

Cook Time: 6 hours OR 1 hour

Serves: 4

NUTRITION FACTS, PER SERVING:

290 calories

16 g fat

1,020 mg sodium



DIRECTIONS:

Slow Cooker Directions:

1. Add **all the ingredients EXCEPT shrimp & jasmine rice**, into the slow cooker and stir to combine.
2. Cook on low for 6-8 hours (high for 3-4 hours), in the last 20 minutes add in the shrimp turning heat to high.

Stovetop Directions:

1. Over medium heat, in a Dutch oven or large pot, heat **1 TB olive oil**, add the **onions, red bell pepper and celery**, sauté for about 3 minutes, or until the onions soften. Add the **cubed chicken breast and sliced turkey sausage**. Sear the chicken and sausage on all sides (lightly browning) but not cooking all the way through. Add **2 cups chicken broth, diced tomatoes, and Jambalaya Spices**. Stir to combine and reduce heat to a medium low simmer. Cover and cook for 30 minutes.
2. Add in the **shrimp** and stir to combine. Raise heat to medium and cover. Cook for 10-12 minutes or until shrimp are cooked and pink in color.

Jasmine Rice: Rinse the rice in cold water to remove excess starch. Combine rice with **2 1/4 cups water, 1 TB olive oil** and a **pinch of salt** in a medium sized pot. Stir once and bring to a boil over high heat. Cover, reduce heat to low and simmer for 12-15 minutes or until all the water is absorbed. Remove pan from heat and leave covered for 5 minutes. Remove lid and fluff with fork before serving.

Serve Jambalaya over rice and garnish with **chopped fresh parsley**.

INGREDIENTS: **** Items not included in kit**

- 1/2 lb. chicken breast cubes
- 1/2 lb. turkey sausage links, sliced into 1/2 inch pieces
- 3/4 lb. shrimp
- 1 TB olive oil**
- 1 cup diced yellow onion
- 1 cup diced red bell pepper
- 1/2 cup diced celery
- 2 cups low sodium chicken broth
- 1 28-ounce can low sodium diced tomatoes
- Jambalaya Spices (1/2 tsp dried thyme, 2 tsp dried oregano, 1 TB Cajun seasoning, 1/4 tsp cayenne pepper)
- 1/4 cup fresh parsley, chopped
- 1.5 cups Jasmine Rice
- 1 TB olive oil**
- Pinch of salt**

Food provided in this meal kit may have come in contact

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