



Tortilla Soup

Prep Time: 15 min

Cook Time: 30 min

Serves: 6

NUTRITION FACTS, PER SERVING:

233 calories

6 g fat

563 mg sodium



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

- 1.5 lbs. chicken breast cubes
- 3 TB vegetable or olive oil **
- 1 onion, diced
- 4 garlic cloves, minced
- Spice Packet (1 TB paprika, 2 tsp ground cumin, 1 tsp ground coriander, 1 tsp chili powder, 1/4 tsp cayenne pepper)
- 48oz low sodium chicken broth measured out, you were given 64oz
- 1 (28 oz) can crushed tomatoes in thick puree
- 2 bay leaves
- Salt & Pepper, to taste**
- 2 cups corn
- 8 corn tortillas, halved and cut crosswise into 1/4 inch strips
- 1/4 cup lightly packed cilantro leaves plus 3 TB chopped cilantro
- 1 avocado, cut into 1/2 inch dice
- 1/2 cup shredded cheddar cheese
- Lime wedges, for serving

DIRECTIONS:

1. In large pot, heat the **oil** over moderately high heat. Season the **chicken** pieces with **salt** and **pepper**. Add to the pot and brown chicken on all sides.
2. Reduce the heat to medium low. Add the **diced onions, minced garlic and spice packet**; cook stirring for about 5 minutes. Add **48oz of the chicken broth, crushed tomatoes, bay leaves, salt & pepper to taste**, and **corn**. Bring to simmer and cook uncovered for 30 minutes. Remove the bay leaves and discard. If soup is too thick, you can thin out with the remaining chicken broth to desired consistency.
3. While the soup simmers, preheat oven to 375 degrees. Cut white corn tortillas into strips. Toss tortillas strips with **olive oil** and season with **salt** and **pepper**. Spread on a cookie sheet on a single layer the **tortilla strips** and bake 8-10 minutes until golden brown. Baking time will vary depending on your oven. Check halfway through to make sure they don't burn. Remove from oven and set aside.
4. To serve, put some **tortilla strips** into bowls, top with some **shredded cheese** and ladle in the **soup**. Top with **diced avocado**, sprinkle with the **chopped cilantro**, additional **tortilla strips** and serve with **lime wedges**.

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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Caramelized Onion, Turkey Sausage, and Basil Pizza with Salad

Prep Time: 15 min

Cook Time : 45 min

Serves: 4

NUTRITION FACTS, PER SERVING:

370 calories

16g total fat

988 mg sodium



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

- Cornmeal, for dusting
- 3 TB extra-virgin olive oil, plus extra for drizzling**
- 1 TB unsalted butter, at room temperature**
- 2 onions, thinly sliced
- 1 lb. turkey sausage
- All-purpose flour, for dusting**
- 1 pizza dough (We included an extra dough)
- 3/4 cup crumbled Gorgonzola Cheese
- 1/4 cup chopped fresh basil leaves
- Mixed Greens
- Salt and pepper, to taste**

DIRECTIONS:

1. Position the oven rack in the center of the oven. Preheat the oven to 475 degrees F. Sprinkle heavy baking sheet (without sides preferably, but rimmed sheet can be used) with **cornmeal** and set aside. Place the **pizza dough** on the counter to warm to room temperature.
2. In large skillet, melt **3 TB olive oil** and **1 TB butter** over medium low heat. Add the **onions**, and a pinch of **salt** and **pepper**. Cook stirring occasionally, until golden and caramelized, about 15-20 minutes. Increase the heat to medium-high and add the **sausage**. Using a spoon, break up the sausage and cook, stirring constantly, until cooked through, about 10-12 minutes. Set aside to cool slightly.
3. On a lightly floured work surface, roll out the **dough** into a 13-inch diameter circle, about 1/4 inch thick. Transfer the dough to the prepared baking sheet and drizzle with **olive oil**. Spread the **onion/sausage** mixture evenly over the dough, leaving a 1 inch border. Sprinkle the **cheese** on top. Bake until crust is golden and the cheese has melted, about 15 – 17 minutes. Remove from oven and sprinkle with chopped **basil**. Cut pizza into wedges and serve.
4. Rinse and dry the **mixed greens** and serve with your favorite salad dressing.

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