



Tortilla Soup

Prep Time: 15 min
Cook Time : 30 min
Serves: 6

NUTRITION FACTS, PER SERVING:

233 calories
6 g of fat
563 mg of sodium



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

- 3 TB vegetable oil **
- 8—6 inch corn tortillas, halved and cut crosswise into 1/4 inch strips
- 1 onion, diced
- 4 large garlic cloves, minced
- 1 TB paprika
- 2 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp chili powder
- 1/4 tsp cayenne pepper
- 2 cups frozen corn
- 1 1/2 quarts low sodium chicken broth
- 1 28 oz can crushed tomatoes in thick puree
- 1/2 cup white wine or 1/2 cup water**
- 2 bay leaves
- 2 1/2 tsp salt**
- 1/4 cup lightly packed cilantro leaves plus 3 TB chopped cilantro
- 3/4 lb. boneless, skinless chicken breasts, cut into 3/4 inch pieces
- 1 avocado, cut into 1/2 inch dice
- 1/2 cup shredded cheddar cheese
- Lime wedges, for serving

DIRECTIONS:

1. In large heavy pot, heat the **oil** over moderately high heat. Season the **chicken** pieces with **salt** and **pepper**. Add to the hot oil and brown chicken on all sides.
2. Reduce the heat to moderately low. Add the **diced onions, minced garlic and spices**; cook stirring for about 5 minutes. Add the **chicken broth, tomatoes, bay leaves, salt, corn, and cilantro leaves**. Bring to simmer and cook uncovered for 30 minutes. Remove the bay leaves and discard.
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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Mushroom Beef Sloppy Joes and Kale Chips

Prep Time: 10 min.

Cook Time : 20 min.

Serves: 4

NUTRITION FACTS, PER SERVING:

380 calories

27% of calories from fat

300 mg of sodium



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

- 8 oz. sliced mushrooms
- 1/2 lb. ground beef - (You have been given a 1 lb. Package)
- 1/2 cup chopped onion
- 1 garlic clove
- 8 oz. can of no salt added tomato sauce
- 1 Tbsp. chili powder
- 1 Tbsp. brown sugar
- 1 tsp. cider vinegar
- 1/2 tsp. ground black pepper**
- 4 whole wheat hamburger buns
- Small Bunch of Kale for chips

DIRECTIONS:

1. Rinse & chop **mushrooms** to approximate size and texture of ground beef. Mince the **garlic clove** and set aside.
2. Heat a sauté pan over medium-high heat. Add **1/2 lb. ground beef and mushrooms**, and cook. Sauté until ground beef is cooked. Remove mushroom-beef mixture from pan and set aside. Pour off excess fat from pan.
3. Add **onion** and **minced garlic** to pan; cook until golden. Return **mushroom-beef mixture** to pan, along with **tomato sauce, chili powder, brown sugar, cider vinegar and black pepper**.
4. Simmer about 10 minutes; remove from heat.
5. Serve on hamburger bun.
6. To make the **kale chips**: Wash and thoroughly dry **kale**. Remove the ribs and tear kale into bite size pieces. Drizzle with **1 TB olive oil** and season with **salt**. Place kale on a baking sheet and bake at 325 degrees for 15 minutes.

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