



CHICKEN & WHITE BEAN SOUP

cheddar cheese, sour cream, Cholula sauce, tortilla chips

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
980

Warm up your week with this rustic one-pot meal that's somewhere between a rich, brothy soup and a protein-packed chili. It starts with chicken seasoned with warming spices. Sweet corn and creamy white beans are stirred in, and everything is simmered in a savory spiced broth. You'll top your bowls with sharp cheddar cheese, sour cream, and Cholula sauce. Serve the homemade tortilla chips on the side for dunking, or crumble a few directly over your bowl for a crispy finish.

INGREDIENTS (10 ITEMS)

- 13¼ oz **Cannellini beans**
- 6 whole **Flour tortillas** W
- 10 oz **Chicken strips***
- 1½ tsp **Chili, cumin & paprika blend**
- 2¾ oz **Corn**
- 3½ oz **Spiced vegetable broth** T
- 1 whole **Chicken stock concentrate**
- 1 oz **Sharp cheddar cheese** M
- 2 oz **Sour cream** M
- 1 tsp **Cholula sauce**

WHAT YOU'LL NEED

- medium pot
- baking sheet
- medium bowl
- measuring cup & spoons
- strainer
- thermometer
- oven mitt
- cooking oil
- 1 tbsp butter M
- salt & pepper

ALLERGENS

- W WHEAT
- T TREE NUTS (coconut)
- M MILK



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

*Chicken is fully cooked when internal temperature reaches 165°.

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 PREP

- Preheat oven to 425 degrees.
- Strain and rinse **cannellini beans**.
- Cut three **flour tortillas** (reserve the rest for another use) into six wedges each, making 18 pieces total.

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 START SOUP

- Pat **chicken strips** dry with paper towels. Cut any larger strips in half lengthwise.
- Heat 1½ tablespoons cooking oil in a medium pot over medium heat. Add **chicken** to hot pot. Season with most of the **chili, cumin, and paprika blend** (reserve about ¼ teaspoon for Step 4), ¼ teaspoon salt, and a pinch of pepper. Cook 2-3 minutes, or until lightly browned, stirring occasionally.

3 ADD VEGGIES & BROTH

- Add **corn** to pot. Cook 1-2 minutes, or until corn is warmed through, stirring occasionally.
- Add **spiced vegetable broth, chicken stock concentrate**, about three-quarters of the **beans**, and 1 cup water. Season with ¼ teaspoon salt and a pinch of pepper. Simmer 8-10 minutes, or until broth has slightly thickened and chicken is fully cooked, stirring occasionally. (You'll finish the soup in Step 5.)

4 MAKE TORTILLA CHIPS

- Place **tortilla wedges** in a medium bowl. Drizzle with 1 tablespoon cooking oil. Season with salt, pepper, and reserved **chili, cumin, and paprika blend**. Gently toss to coat.
- Spread **tortilla wedges** out in a single layer on a lightly oiled, foil-lined baking sheet. Toast 4-6 minutes, or until crispy.

5 FINISH SOUP

- Add remaining **beans** and 1 tablespoon butter to pot with **soup**. Season with salt and pepper to taste.* Cook 1-2 minutes, or until beans are warmed through, stirring occasionally.

**Taste the soup after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious dish.*

6 PLATE YOUR DISH

- Divide **chicken and white bean soup** between bowls. Garnish with **sharp cheddar cheese, sour cream**, and **Cholula sauce** to taste (or omit). Serve **tortilla chips** on the side. Enjoy!



Chicken & White Bean Soup

Nutrition Facts

2 servings per container

Serving size

1 (577g)

Amount per serving

Calories

980

% Daily Value*

Total Fat 42g **54%**

Saturated Fat 16g **80%**

Trans Fat 0g

Cholesterol 155mg **52%**

Sodium 1950mg **85%**

Total Carbohydrate 79g **29%**

Dietary Fiber 17g **61%**

Total Sugars 8g

Includes 1g Added Sugars **2%**

Protein 58g

Vitamin D 0mcg 0%

Calcium 309mg 25%

Iron 6mg 35%

Potassium 1350mg 30%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: CANNELLINI BEANS (CANNELLINI BEANS, WATER, SALT), CHICKEN BREAST STRIPS, FLOUR TORTILLA (WHEAT FLOUR (UNBLEACHED WHEAT FLOUR, NIACIN, IRON THIAMIN MONONITRATE, RIBOFLAVIN, ENZYME, FOLIC ACID), WATER, VEGETABLE SHORTENING (PALM OIL), SALT, MONO- AND DIGLYCERIDES, CALCIUM PROPIONATE, VITAL WHEAT GLUTEN, RICE FLOUR, SUGAR, SODIUM BICARBONATE, FUMARIC ACID, SORBIC ACID, SODIUM ALUMINUM SULFATE, SODIUM ALUMINUM PHOSPHATE, GUAR GUM, CMC GUM, ENZYMES (WHEAT STARCH, MICROCRYSTALLINE CELLULOSE), SODIUM METABISULFITE), VEGETABLE BROTH (WATER, CARROTS, CELERY, ONIONS, LEEKS, TOMATO PUREE (TOMATOES, SEA SALT, CITRIC ACID), MUSHROOMS, GARLIC, SPICES, SEA SALT), CORN, SOUR CREAM (GRADE A CULTURED CREAM), OLIVE OIL**, CHEDDAR CHEESE (PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES, ANNATTO, ANTI-CAKING AGENT (POTATO STARCH POWDERED CELLULOSE, NATAMYCIN)), BUTTER**, CHICKEN DEMI GLACE CONCENTRATE (REDUCED WINE, VEGETABLE JUICE (TOMATO, ONION, CARROT, CELERY), MALTODEXTRIN, SUGAR, CHICKEN STOCK, NATURAL FLAVOR, SALT, BUTTER, YEAST EXTRACT, CHICKEN FAT), CHOLULA (WATER, PEPPERS (ARBOL & PIQUIN), SALT, VINEGAR, GARLIC POWDER, SPICES, XANTHAN GUM), RED WINE VINEGAR, SALT**, PAPRIKA, GROUND CUMIN, SMOKED PAPRIKA, GRANULATED GARLIC, GROUND CORIANDER, OREGANO, SEA SALT, COCONUT NECTAR (ORGANIC COCONUT TREE SAP), ANCHO CHILI POWDER, CHILI POWDER (CHILI PEPPER, PAPRIKA, OREGANO, CUMIN, GARLIC, SALT, SPICES), COCOA POWDER (ORGANIC COCOA POWDER, NON-ALKALINE PROCESSING), CINNAMON.

CONTAINS: COCONUT, MILK, WHEAT

**Information derived from the USDA's FoodData Central is used in the nutrition analysis, ingredient list, and allergen declaration of pantry items. Pantry items are found in the "What You'll Need" section of the recipe card.

Perishable Keep Refrigerated. It is recommended to consume recipes with shellfish and fish first. Produced in a facility that processes milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, sesame, and soy beans.

Net Wt. 36.9oz (1046.3g)

Chicken & White Bean Soup

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