



WHITE BEAN CHICKEN CHILI - DINNER

CHILI BURRITO - LUNCH



COOK IT ONCE, EAT IT TWICE

Tonight's dinner extras transform into tomorrow's lunch.

DINNER	TOTAL: 40 MIN	CALORIES: 700
LUNCH	TOTAL: 5 MIN	CALORIES: 530

Ingredients for: 2-person | 4-person

- 
Jasmine Rice
¾ Cup | 1½ Cups
- 
Scallions
2 | 4
- 
Cilantro
¼ oz | ¼ oz
- 
Enchilada Spice Blend
1 TBSP | 2 TBSP
- 
Sour Cream
(Contains: Milk)
2 TBSP | 4 TBSP
- 
Cannellini Beans
13.4 oz | 26.8 oz
- 
Hot Sauce
3 tsp | 4 tsp
- 
Flour Tortillas
(Contains: Wheat)
2 | 2
- 
Long Green Pepper
1 | 2
- 
Roma Tomato
1 | 2
- 
Chicken Cutlets
20 oz | 30 oz
- 
Lime
1 | 2
- 
Chili Powder
1 tsp | 2 tsp
- 
Chicken Stock Concentrates
3 | 6
- 
Monterey Jack Cheese
(Contains: Milk)
½ Cup | 1 Cup

BUST OUT

• Small pot • Paper towels • Large pot • Zester • 2 Small bowls • Plastic wrap • Vegetable oil (1 TBSP | 2 TBSP)

DINNER



1 COOK RICE AND PREP

Bring **1 1/4 cups water** with a pinch of **salt** to boil in a small, lidded pot. Once boiling, stir in **rice**. Reduce heat to low and cook, covered, until rice is tender, about 15 minutes. Keep covered. Meanwhile, **wash and dry all produce**. Core, deseed, and dice **green pepper**. Dice **tomato**. Trim and thinly slice **scallions**, separating whites from greens. Finely chop **cilantro**.

2 COOK CHICKEN

Pat **chicken** dry with paper towels; season all over with **salt, pepper**, and half the **Enchilada Spice**. Heat a large drizzle of **oil** in a large pot over medium-high heat. Add chicken and cook until browned and cooked through, 4-7 minutes per side. Turn off heat; remove chicken from pot and set aside.

3 MAKE SALSA AND CREMA

While chicken cooks, zest 1 tsp zest from **lime**; quarter lime. In a small bowl, combine **tomato, scallion whites**, up to half the **cilantro**, a squeeze of lime juice, **salt**, and **pepper**. In a separate small bowl, combine **sour cream**, lime zest, a squeeze of lime juice, salt, and pepper.



4 START CHILI

Heat a drizzle of **oil** in same pot used to cook chicken over medium-high heat. Add **green pepper** and cook, stirring, until slightly softened, 1-2 minutes. Add **chili powder** and remaining **Enchilada Spice**. Cook, stirring, until thoroughly combined, 1-2 minutes. Add **beans** and their liquid, **stock concentrates**, and **1 1/2 cups water**. Bring to a boil, then reduce to a simmer. Simmer until slightly thickened, 7-10 minutes. Taste and season with **salt** and **pepper**.

5 FINISH CHILI AND SERVE DINNER

Cut **chicken** into bite-sized pieces (or shred with two forks). Stir into **chili**. Fluff **rice** with a fork; stir in half the **scallion greens** and season with **salt** and **pepper**. Reserve 1/3 of the rice and 1/3 of the chili for lunch. Divide remaining rice and remaining chili between bowls. Top with **salsa** and **crema**. Sprinkle with remaining scallion greens, half the **cheese**, remaining **cilantro**, and a squeeze of **lime juice**. Drizzle both bowls with **hot sauce** from 1 packet.

LUNCH



6 MAKE LUNCH FOR TWO

Divide reserved **rice** and **chili** between **tortillas**. Sprinkle with remaining **cheese**. Roll tightly into burritos. Wrap in plastic wrap and refrigerate overnight. When ready to eat, microwave until warmed through, 1-2 minutes. Serve with remaining **hot sauce** packets.