



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**

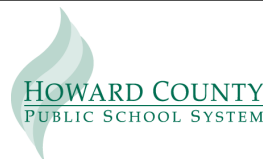
- 1lb ground chicken
- 1/4 tsp salt & 1/4 tsp black pepper**
- 2 TB olive oil**
- 1 small jalapeno pepper, diced
- 1 poblano pepper, diced
- 1 large onion, diced
- 3 garlic cloves, minced
- Chicken Chili Spices
 - 1 TB ground cumin, 1 1/2 tsp ground coriander, 1 tsp chili powder
- 2 cans (14.5 ounces each) cannellini beans, rinsed and drained
- 4 cups chicken broth
- 1 lime, juiced
- 1/4 cup chopped fresh cilantro leaves
- 1/2 cup shredded cheddar cheese
- Sour cream

DIRECTIONS:

1. Prep produce & set aside: Dice the **poblano pepper** . Cut the **jalapeno** in half and remove the seeds and white ribs (for spicy heat keep some seeds/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**. Peel and mince the **3 garlic cloves**. Remove the **cilantro** leaves from the stems and combine in a pile. Chop the cilantro leaves to make 1/4 cup. Drain and rinse the **cannellini beans**.
2. 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**.
3. 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, lime juice** and the drained and rinsed **cannellini beans**. Stir to combine and simmer for 30 minutes on medium-low heat.
4. Serve the chili in individual bowls and top with **shredded cheese, sour cream** 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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Chicken Puttanesca Pasta with Salad

Prep Time: 15 min

Cook Time: 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

462 calories

23 g fat

815 mg sodium



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

- 8 oz. pasta, you were given a 16 oz. box
- 1 TB olive oil**
- Salt & Pepper, to taste**
- 1.5 lbs. chicken breast cubes
- 1/4 cup onions, diced
- 2 garlic cloves, minced
- 2 cups marinara sauce
- 1/4 cup kalamata olives, chopped
- 1 TB capers, drained
- 1/4 tsp crushed red pepper
- 1/3 cup Parmesan cheese
- 1/4 cup basil leaves, thinly sliced
- Salad Greens
- Cucumber, sliced
- Carrot, sliced
- Favorite salad dressing**
- Ciabatta Rolls

DIRECTIONS:

- Prep produce & set aside: Peel and mince the **2 garlic cloves**. Coarsely chop the **kalamata olives**. Remove **basil** leaves from stems. Place basil leaves in a pile on top of each other, roll pile into a log and slice into thin ribbons.
- Heat **1 TB olive oil** in a large skillet over medium-high heat. Add **cubed chicken** and season with a **pinch of salt and pepper**. Cook chicken 10-12 minutes or until lightly browned and no longer pink, stirring occasionally. Add **diced onions** and **minced garlic**. Cook for 2 minutes, stirring to combine. Stir in **marinara sauce**, chopped **kalamata olives**, drained **capers**, and **1/4 tsp crushed red pepper**, bring to a simmer. Cook 5 minutes or until chicken is done, stirring frequently.
- While the sauce simmers, bring a large pot of **water** to a boil. Stir in **1/4 tsp salt**. Add **pasta** and cook according to package directions. Drain pasta and return to pot. Mix in **chicken marinara sauce mixture** with cooked pasta and toss to combine.
- Salad: Slice **cucumber** and **carrots** and toss with the **salad greens** and your favorite **salad dressing**.
- Bake **ciabatta rolls** in a 400 degree oven for 8-10 minutes.
- To serve, plate pasta mixture and sprinkle each serving with **parmesan cheese** and garnish with thinly sliced **basil** leaves.

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