



Chicken Tortilla Soup

Prep Time: 15 min

Cook Time: 45 min

Serves: 6

NUTRITION FACTS, PER SERVING:

472 calories

12 g fat

563 mg sodium



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

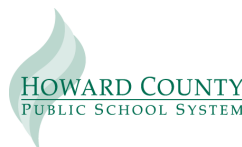
- 1.5 lbs. chicken strips
- 2 TB vegetable or olive oil **
- Salt & Pepper, to taste**
- 1 cup onion diced
- 1/2 cup red bell pepper diced
- Tortilla Soup Spice Blend (1 tsp ground cumin, 1 tsp onion powder, 1 tsp garlic powder)
- (48 oz. to 64 oz.) chicken broth
- 1 (10 oz. can) diced tomatoes w/ green chilies
- 1 (10 oz. can) red enchilada sauce
- 1 (15 oz. can) black beans, rinsed and drained
- 1 cup corn
- 1 lime
- 8 corn tortillas, halved and cut crosswise into 1/4 inch strips
- 3 TB olive oil**
- 1 bunch cilantro leaves, chopped
- 1 avocado, cut into 1/2 inch dice
- 1/2 cup shredded cheddar cheese

DIRECTIONS:

1. Prep Produce: Drain and rinse **black beans**. Chop **cilantro** leaves. Cut **lime** in half.
2. In large pot, heat **2 TB oil** over medium high heat. Season the **chicken strips** with **salt & pepper to taste**. Add to the pot and brown chicken on all sides. Reduce the heat to medium low. To the same pot add the **diced onion, diced red bell pepper, and Tortilla Soup Spice Blend**; cook stirring for about 5 minutes. Add **4 cups chicken broth, diced tomatoes w/ green chilies, red enchilada sauce, black beans** (drained & rinsed) and **corn**. Bring to simmer and cook uncovered for 30 minutes. If soup is too thick, you can thin out with the remaining chicken broth to desired consistency. Stir in **1/4 cup chopped cilantro** and the **juice of 1 lime**.
3. Tortilla Strips: Preheat oven to 450 degrees. Cut corn tortillas into strips. Toss tortillas strips with **3 TB olive oil**. Spread the **tortilla chips** on a cookie sheet in a single layer and bake 8-10 minutes until golden brown. 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 and ladle in the **soup**. Top with **diced avocado, shredded cheddar cheese, additional chopped cilantro** and additional **tortilla strips**.

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



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

- 1 pizza dough ball (you were given 2 make 1 thin pizza or 2 thicker pizzas)
- Cornmeal, for dusting pan before placing dough on pan
- 3 TB olive oil, plus extra for drizzling**
- 1 TB unsalted butter**
- 2 cups onions, sliced
- 1 lb. turkey sausage
- All-purpose flour, to aid in shaping the pizza dough**
- 3/4 cup crumbled Gorgonzola Cheese
- 1/4 cup chopped fresh basil leaves
- Mixed salad greens
- Favorite salad dressing**
- Salt & pepper, to taste**

DIRECTIONS:

1. **SHAPING PIZZA DOUGH:** Before you begin stretching, warm up your cold dough for at least 30 minutes at room temperature. Gluten, the protein that makes pizza dough chewy, is tighter in cold conditions which is why cold pizza dough will stretch out and snap back just like a rubber band. This step will loosen up the dough and make it easier to shape. Rub your work surface and hands with a little **olive oil**. Olive oil keeps the dough from sticking. Press the dough down into a large flat disc using the palm of your hand. Next, use the middle three fingers on each of your hands to press the dough out from the center, widening that flat disc into a large circle about 1/2 inch thick. The dough should be soft and pliable and shouldn't shrink back when you press it. It is okay if the flattened disc isn't perfectly round at this point. When you're really ready to stretch, carefully pick up the dough and hold it with both hands on one edge of the dough, letting the rest of the dough hang down. Gravity is going to do some of the stretching work as you gently rotate the dough in one direction like turning a wheel. Slowly pull the dough from hand to hand as the dough hangs down continuing until you reach your desired size.
2. Position the oven rack in the center of the oven. Preheat the oven to 425 degrees F. Sprinkle a heavy baking sheet with **cornmeal** and set aside. (The cornmeal prevents the pizza from sticking to the pan.)
3. In large skillet, melt **3 TB olive oil** and **1 TB butter** over medium low heat. Add the **sliced onions**, and **salt & pepper**, to taste. Cook stirring occasionally, until golden and caramelized, about 15 minutes. Increase the heat to medium-high and add the **turkey sausage**. Using a spoon, break up the sausage and cook, stirring constantly, until cooked through, about 10-12 minutes. Set aside to cool slightly.
4. Transfer the shaped dough to the prepared baking sheet. Drizzle the top of the dough with **olive oil**. Spread the **onion/sausage** mixture evenly over the dough, leaving a 1 inch border. Sprinkle the **Gorgonzola cheese** on top. Bake until crust is golden and the cheese has melted, about 15 minutes. Remove from oven and sprinkle with chopped **basil**. Cut pizza into wedges and serve.
5. Toss the **mixed greens** with your **favorite salad dressing**.

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