



In your box

- 2 tsp. Cajun Seasoning
- 1 Poblano Pepper
- 2 Roma Tomatoes
- 1 Lime
- 4 tsp. Chicken Demi-Glace
- 1 Tbsp. Cornstarch
- 6 oz. Black Beans
- 3 oz. Sour Cream
- 2 Green Onions

Customize It Options

- 12 oz. Diced Boneless Skinless Chicken Breasts
- 14 oz. Diced Chicken Thighs
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk

You will need

- Olive Oil, Salt
- Medium Pot, 3 Mixing Bowls



Chicken and Black Bean Soup

with pico de gallo and scallion crema

NUTRITION per serving—Calories: 492, Carbohydrates: 34g, Fat: 19g, Protein: 43g, Sodium: 1432mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

35-45 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Spicy

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Ingredient(s) used more than once: **tomato, green onions, lime juice, sour cream**

Customize It Instructions

- If using **whole chicken breasts**, pat dry, on a separate cutting board, cut into 1" dice. Follow same instructions as diced chicken in Step 2, stirring occasionally until chicken reaches minimum internal temperature, 5-7 minutes.
- If using **diced chicken thighs**, follow same instructions as diced chicken.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

Prepare the Ingredients

- Core **tomatoes** and cut into ¼" dice.
- Halve **lime** and juice.
- Drain **black beans**.
- Trim and thinly slice **green onions** on an angle, keeping white and green portions separate.
- Stem **poblano pepper**, seed, and cut into ½" dice. *Poblano peppers can vary in spice level; most are mild, but a few can be quite hot. Wash hands and cutting board after prepping.*
- Pat **diced chicken** dry.



2

Start the Soup

- Place a medium pot over medium-high heat and add 2 tsp. **olive oil**. Add **chicken** to hot pot and cook undisturbed, 4 minutes.
- Stir in **seasoning blend** until chicken is completely coated.
- Add **poblano pepper** and half the **tomatoes** (reserve remaining for pico de gallo). Stir occasionally until chicken reaches a minimum internal temperature of 165 degrees, 3-4 minutes.
- While chicken cooks, make pico de gallo.



3

Make the Pico de Gallo

- Combine remaining **tomatoes, white portions of green onions, 1 tsp. olive oil, 1 Tbsp. lime juice** (reserve remaining for crema), and a pinch of **salt** in a mixing bowl. Set aside.



4

Finish the Soup

- In another mixing bowl, combine **cornstarch** and 1 Tbsp. **water**.
- Add **beans, 1½ cups water, and demi-glace** to hot pot. Bring to a simmer, stirring occasionally.
- Once simmering, add cornstarch-water mixture and ½ the **sour cream** (reserve remaining for crema) and stir occasionally until combined, 2-3 minutes.
- Remove from burner.



5

Make Scallion Crema and Finish Dish

- In another mixing bowl, combine remaining **sour cream, green portions of green onions, and 1 tsp. remaining lime juice**.
- Plate dish as pictured on front of card, topping **soup** with scallion crema and **pico de gallo**. Bon appétit!