



In your box

- 🍴 1 Poblano Pepper
- 2 Roma Tomatoes
- 1 Lime
- 4 tsp. Chicken Demi-Glace Concentrate
- 6 oz. Black Beans
- 3 oz. Sour Cream
- 2 Green Onions
- ½ oz. Tortilla Strips
- 🍴 2 tsp. Cajun Seasoning

Customize It Options

- 12 oz. Diced Boneless Skinless Chicken Breasts
- 12 oz. Impossible Burger
- 10 oz. Ground Beef
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk

You will need

Olive Oil, Salt

2 Mixing Bowls, Medium Pot

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Classic Meal Kit



Cozy Chicken and Black Bean Soup

with pico de gallo and scallion crema

NUTRITION per serving—Calories: 516, Carbohydrates: 35g, Sugar: 9g, Fiber: 4g, Protein: 43g, Sodium: 1428mg, Fat: 21g, Saturated Fat: 7g
 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	Cook Within	Difficulty Level	Spice Level
35-45 min.	5 days	Easy	Spicy

Before you cook

All cook times are approximate based on testing.

- 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 and cut into 1" pieces. Follow same instructions as diced chicken in Steps 2 and 4.
- If using **ground beef**, follow same instructions as chicken in Steps 2 and 4, breaking up meat until no pink remains and beef reaches minimum internal temperature, 4-6 minutes.
- If using **Impossible burger**, follow same instructions as chicken in Steps 2 and 4, breaking up burger until heated through, 4-5 minutes.

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

- Add **black beans**, 1½ cups **water**, and **demi-glace** to hot pot. Bring to a simmer, stirring occasionally.
- Once simmering, add 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 **tortilla strips**, **pico de gallo**, and scallion crema. Bon appétit!