



In your box

- 1 Yellow Onion
- 8 oz. Light Cream
- 4 tsp. Chicken Broth Concentrate
- 5 oz. Corn Kernels
- 2 Tbsp. Taco Seasoning
- 1 oz. Tortilla Strips
- 12 oz. Yukon Potatoes
- 3 oz. Shredded Oaxacan Cheese
- 1 Poblano Pepper
- 16 oz. Boneless Skinless Chicken Breasts

*Contains: milk

You will need

- Olive Oil, Salt, Pepper
- Large Pot

Minimum Internal Protein Temperature

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

4-Serving Meal



One-Pot Chicken and Poblano Corn Chowder

with cheese

NUTRITION per serving—Calories: 495, Carbohydrates: 39g, Sugar: 9g, Fiber: 4g, Protein: 36g, Sodium: 1360mg, Fat: 23g, Saturated Fat: 12g
 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

45-55 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Medium

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry



1. Prepare the Ingredients

- Cut **potatoes** into 1" dice.
- Halve and peel **onion**. Cut halves into ½" dice.
- 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 **chicken breasts** dry, and on a clean cutting board, cut into 1" dice.



2. Brown the Chicken

- Place a large pot over medium-high heat and add 2 tsp. **olive oil**.
- Add **diced chicken** to hot pot. Stir occasionally until browned all over, 4-6 minutes.
- Season with ¼ tsp. **salt** and a pinch of **pepper**. Transfer chicken to a plate. Keep pot over medium-high heat.



3. Start the Chowder

- Add 1 tsp. **olive oil**, **onion**, **poblano**, **potatoes**, and **seasoning blend** to hot pot. Stir occasionally until onion and poblano soften, 8-10 minutes.
- Stir in **corn** until combined.



4. Finish the Chowder

- Add **light cream**, **chicken base**, 2 cups **water**, and **diced chicken** to hot pot. Stir occasionally until soup has thickened, potatoes are fork-tender, and chicken reaches a minimum internal temperature of 165 degrees 10-12 minutes.
- Season with ¼ tsp. **salt** and a pinch of **pepper**. Remove from burner.



5. Finish the Dish

- Plate dish as pictured on front of card, topping with **cheese** and **tortilla strips**. Bon appétit!