



In your box

- 12 oz. Fire Roasted Diced Tomatoes in Juice
- 10 oz. Corn Kernels
- 2 oz. Shredded Cheddar-Jack Cheese
- 20 oz. Diced Boneless Skinless Chicken Breasts
- ½ oz. Flour
- 4 tsp. Chicken Broth Concentrate
- 🔪 4 oz. Chipotle Crema
- 4 Green Onions
- 🔪 2 Poblano Peppers
- 1½ Tbsp. Chile and Cumin Rub

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

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	

Rest steak or pork after cooking, 3 minutes.

4 Serving One Pot Family Meal



One-Pot Fire Roasted Tomato and Poblano Chicken Chili

with chipotle crema and cheddar cheese

NUTRITION per serving—Calories: 460, Carbohydrates: 31g, Sugar: 9g, Fiber: 5g, Protein: 38g, Sodium: 1530mg, Fat: 21g, Saturated Fat: 8g
 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

30-40 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

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: **green onions**



1. Prepare the Ingredients

- Trim and thinly slice **green onions** on an angle, keeping white and green portions separate.
- Stem **poblano peppers**, 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. Cook the Chicken

- Place a large pot over medium-high heat and add 1 Tbsp. **olive oil**.
- Add **chicken** to hot pot and stir occasionally until chicken browns and reaches a minimum internal temperature of 165 degrees, 5-7 minutes.
- Transfer chicken to a plate. Keep pot over medium-high heat.



3. Start the Chowder

- Add 1 Tbsp. **olive oil**, **white portions of green onions**, **poblanos**, and **corn** to hot pot. Stir often until peppers begin to soften, 4-6 minutes.
- Add **flour** and stir until no dry flour remains in pot.



4. Finish the Chowder

- Stir in 2 cups **water**, **chicken base**, **fire roasted tomatoes**, **seasoning rub**, and a pinch of **salt** and **pepper**. Bring to a simmer.
- Once simmering, stir often until smooth and slightly thickened, 3-5 minutes.



5. Add Chicken and Finish Dish

- Stir in **chicken** until warmed through, 1-2 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, garnishing with **chipotle crema** (to taste), **green portions of green onions**, and **cheese**. Bon appétit!