



### In your box

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

### Customize It Options

- 12 oz. Diced Boneless Skinless Chicken Breasts
- 13½ oz. Organic Boneless Skinless Chicken Breasts
- 24 oz. Diced Boneless Skinless Chicken Breasts—Double Portion
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 4 oz. Bacon

\*Contains: milk

### You will need

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



## Chicken and Black Bean Soup

with pico de gallo and scallion crema

NUTRITION per serving—Calories: 494, Carbohydrates: 33g, Fat: 20g, Protein: 43g, Sodium: 1427mg.

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 **chicken breasts**, pat dry and, 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 24 oz. **diced chicken**, follow same instructions, working in batches if necessary.
- If using **bacon**, line a plate with a paper towel. Place a medium non-stick pan over medium heat and add bacon to hot pan. Flip occasionally until crisp and bacon reaches a minimum internal temperature of 145 degrees, 6-8 minutes. Transfer to towel-lined plate to remove excess oil. Add to recipe as desired.

Minimum Internal Temperature

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



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### Prepare the Ingredients

- Core **tomatoes** and cut into ¼" dice.
- Halve **lime** and juice.
- Drain **black beans**.
- Trim and thinly slice green portions of **green onions**. Mince white portions. Keep 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.



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### 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.



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### 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.



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### Finish the Soup

- In another mixing bowl, combine **cornstarch** and 1 Tbsp. **water**.
- Add **beans**, 1½ cups **water**, and **demi-glaze** 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.



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### 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!