



**GREEN  
CHEF**

# ANCHO CHICKEN SOUP

*cabbage, roasted red peppers, cotija, toasted pepitas*

## COOK TIME

25 MIN

## SERVINGS

2

## CALORIES PER SERVING

590

## NET CARBS PER SERVING

15 GRAMS

## MENU

KETO // GLUTEN-FREE //  
FAST & FIT

Our custom ancho-cumin spice blend adds a swirl of earthy, smoky warmth to this creamy, veggie-loaded chicken soup. It's full of juicy pan-seared bites of chicken, tender cabbage ribbons, and sweet roasted red peppers simmered in a creamy mushroom broth for earthy richness. Each steaming bowl can be customized with a cornucopia of toppings: fresh tomato, salty cotija, toasted pepitas, and fragrant cilantro.

## INGREDIENTS (11 ITEMS)

|         |   |
|---------|---|
| 1 whole | <b>Yellow onion</b>                           |
| ¼ oz    | <b>Garlic</b>                                 |
| 3½ oz   | <b>Cabbage</b>                                |
| ¼ oz    | <b>Cilantro</b>                               |
| 1 whole | <b>Roma tomato</b>                            |
| 10 oz   | <b>Chicken strips*</b>                        |
| 2¼ oz   | <b>Roasted red peppers</b>                    |
| 2 tsp   | <b>Ancho-cumin spice blend</b>                |
| 6 oz    | <b>Creamy mushroom broth</b> <small>M</small> |
| ½ oz    | <b>Pepitas</b>                                |
| ¾ oz    | <b>Cotija cheese</b> <small>M</small>         |

## WHAT YOU'LL NEED

large pot  
small sauté pan  
measuring cup & spoons  
thermometer  
cooking oil  
salt & pepper

## ALLERGENS

M MILK



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

\*Chicken is fully cooked when internal temperature reaches 165°.

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1

## PREP

- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick.
- Mince **garlic**.
- Roughly chop **cabbage\*** if necessary.
- De-stem **cilantro**; roughly chop leaves.
- Small dice **Roma tomato** into pieces, about ¼ inch each.

*\*The ingredient you received may be a different color.*

COOKING FOR  
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2

## START SOUP

- Pat **chicken strips** dry with paper towels. Cut any larger strips in half lengthwise.
- Heat about 1½ tablespoons cooking oil in a large pot over medium-high heat. Add **chicken** to hot pot. Cook 3-4 minutes, or until lightly browned, stirring occasionally.
- Add **onion** and **garlic**. Season with about ½ teaspoon salt and about ¼ teaspoon pepper. Cook 2-3 minutes, or until onion is translucent, stirring occasionally.

3

## ADD VEGGIES

- Add **cabbage** and **roasted red peppers** to pot. Season with **ancho-cumin spice blend**. Cook 3-4 minutes, or until cabbage begins to soften, stirring occasionally.

4

## FINISH SOUP

- Add **creamy mushroom broth**, about half the **cilantro**, and about ½ cup water to pot. Stir to combine. Bring to a boil, then reduce heat to medium low. Simmer about 5 minutes, or until chicken is fully cooked and broth has slightly reduced, stirring occasionally. Season with salt and pepper to taste.\*

*\*Taste the soup after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious dish.*

5

## TOAST PEPITAS

- Place **pepitas** in a dry, small sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **pepitas** to a cutting board and allow to cool. Roughly chop.

6

## PLATE YOUR DISH

- Divide **ancho chicken soup** between bowls. Garnish with **tomato**, **cotija cheese**, **toasted pepitas**, and remaining **cilantro**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (482g)

Amount per serving

Calories 590

|                          | % Daily Value* |
|--------------------------|----------------|
| Total Fat 42g            | 54%            |
| Saturated Fat 17g        | 85%            |
| Trans Fat 0g             |                |
| Cholesterol 185mg        | 62%            |
| Sodium 1340mg            | 58%            |
| Total Carbohydrate 20g   | 7%             |
| Dietary Fiber 5g         | 18%            |
| Total Sugars 8g          |                |
| Includes 0g Added Sugars | 0%             |
| Protein 40g              |                |
| Vitamin D 0mcg           | 0%             |
| Calcium 117mg            | 10%            |
| Iron 3mg                 | 15%            |
| Potassium 992mg          | 20%            |

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:  
**Chicken Strips** [chicken], **Ancho-Cumin Spice Blend** (Ancho Chili Powder, Smoked Paprika, Cinnamon, Ground Cumin, Dried Orange Peel, Granulated Garlic, Sweet Paprika, Dried Oregano), **Green Cabbage**, **Cilantro**, **Yellow Onion**, **Garlic**, **Roasted Red Peppers** [bell pepper], **Roma Tomatoes**, **Cotija Cheese** [pasteurized milk, salt, cheese cultures, enzymes, cellulose], **Pepitas** [pumpkin seed kernels], **Creamy Mushroom Broth** (Whipping Cream [organic grade A cream (milk), carrageenan], Mushroom Broth [water, organic mushrooms, sea salt, organic garlic], Stone-Ground Mustard [water, organic mustard seeds, organic vinegar, salt, organic spices], Lemon Juice [lemon], Sea Salt, Black Pepper, Ascorbic Acid [ascorbic acid])

Allergen information:  
Contains Milk

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.