



# CREAMY CHICKEN & POTATO SOUP

*corn, roasted red peppers, sharp cheddar cheese, chives*

**COOK TIME**  
25 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
670

**MENU**  
FAST & FIT

Is there anything more comforting than a bowl of piping hot soup at the end of a long day? Tonight's creamy chicken and potato version is ready to warm you up in just 25 minutes! Mixed with sweet corn and smoky roasted red peppers, the soup is simmered with a rich mushroom broth. A sprinkle of sharp cheddar gives the dish a cheesy finishing touch, while fresh chives add a pop of color over the top.

## INGREDIENTS (9 ITEMS)

- 6¼ oz **Red potatoes**
- ⅛ oz **Chives**
- 10 oz **Chicken strips\***
- 3½ oz **Corn**
- 2¼ oz **Roasted red peppers**
- 2 tbsp **Flour** W
- 1 whole **Chicken stock concentrate**
- 3 oz **Creamy mushroom broth** M
- 1 oz **Sharp cheddar cheese** M

## WHAT YOU'LL NEED

- large pot with lid
- measuring cup & spoons
- thermometer
- cooking oil
- 1 tbsp butter M
- salt & pepper

## ALLERGENS

- W WHEAT
- M MILK



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

**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

- Medium dice **red potatoes**\* into pieces, about ½ inch each.
- Mince **chives**.

\*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 COOK CHICKEN

- Pat **chicken strips** dry with paper towels. Cut any larger strips in half lengthwise.
- Heat 2 tablespoons cooking oil in a large pot over medium-high heat. Add **chicken** to hot pot. Season with salt and pepper. Cook 4-6 minutes, or until fully cooked, stirring occasionally.
- Transfer **chicken** to a plate.

## 3 START SOUP

- Heat 1 tablespoon butter in pot used for chicken over medium-high heat. Add **potatoes** to hot pot. Season with ½ teaspoon salt and ¼ teaspoon pepper. Cook about 5 minutes, or until lightly browned, stirring occasionally.
- Add **corn, roasted red peppers, and flour**. Season with ½ teaspoon salt and a pinch of pepper. Cook about 1 minute, or until corn and roasted red peppers are warmed through, stirring frequently.
- Add 2 cups water and **chicken stock concentrate**. Stir to combine.\* Bring to a boil, then reduce heat to medium low. Cover pot with lid. Simmer 10-12 minutes, or until potatoes are fork-tender, stirring occasionally.

\*Be sure to scrape up any browned bits at the bottom of the pot as you stir—those unassuming specks are full of concentrated flavor and will give additional richness to your soup.

## 4 FINISH SOUP

- Transfer **chicken** to pot. Add **creamy mushroom broth**. Stir to combine. Season with salt and pepper to taste.\* Simmer, uncovered, 2-3 minutes, or until broth has slightly thickened, stirring occasionally.

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

## 5 PLATE YOUR DISH

- Divide **creamy chicken and potato soup** between bowls. Garnish with **sharp cheddar cheese** and **chives**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (422g)

Amount per serving

**Calories** **670**

	% Daily Value*
<b>Total Fat</b> 40g	51%
Saturated Fat 16g	80%
Trans Fat 0g	
<b>Cholesterol</b> 170mg	57%
<b>Sodium</b> 1700mg	74%
<b>Total Carbohydrate</b> 38g	14%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 1g Added Sugars	2%
<b>Protein</b> 40g	
Vitamin D 0mcg	0%
Calcium 145mg	10%
Iron 6mg	35%
Potassium 1234mg	25%

\* 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], **Chives**, **Sharp Cheddar Cheese** [part-skim milk, cheese cultures, salt, enzymes, annatto, anti caking agent (potato starch powdered cellulose, natamycin)], **Red Potatoes**, **Corn** [corn], **Roasted Red Peppers** [bell pepper], **All-Purpose Flour** [wheat flour, enzyme added for improved baking, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], **Chicken Stock Concentrate** [chicken stock, maltodextrin, natural flavor, chicken fat, sugar, salt, yeast extract and xanthan gum], **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 And Wheat

*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.*