



BROCCOLI CHEDDAR CHICKEN & BACON SOUP

roasted red peppers, chives

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|----------------------------|----------------------|------------------------------------|--|------------------------------------|
| COOK TIME 35 MIN | SERVINGS 2 | CALORIES PER SERVING 690 | NET CARBS PER SERVING 16 GRAMS | MENU KETO // GLUTEN-FREE |
|----------------------------|----------------------|------------------------------------|--|------------------------------------|

This broccoli cheddar soup is so good that you'll want to go back for seconds. Not only is it super-tasty, it also doubles up on protein with chicken cutlets in the velvety broth and bacon crumbled on top. We didn't skimp on the flavor either, adding roasted red peppers and a hint of nutmeg. The result is a rich soup that's easy to make and easy to love.

INGREDIENTS (12 ITEMS)

- 4 oz **Bacon***
- 1 whole **Yellow onion**
- 1¾ oz **Celery**
- 6 oz **Broccoli**
- ⅛ oz **Chives**
- 2 (5 oz) **Chicken cutlets****
- 1½ tbsp **Oregano-garlic seasoning**
- 1 oz **Roasted red peppers**
- 2 tsp **Tapioca flour**
- ½ tsp **Nutmeg**
- 2 oz **Cream cheese ^M**
- 2 oz **Sharp cheddar cheese ^M**


WHAT YOU'LL NEED

- large pot
- medium bowl
- measuring cup & spoons
- thermometer
- 2 tbsp butter ^M
- salt & pepper

ALLERGENS

- ^M MILK

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

Validated
 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.

*Bacon is fully cooked when internal temperature reaches 145 degrees.
 **Chicken is fully cooked when internal temperature reaches 165 degrees.

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

1 COOK BACON

- Place **bacon** in a dry, large pot over medium-high heat. Cook 6-10 minutes, or until bacon is crispy and fat renders, flipping occasionally.
- Transfer **bacon** to a paper-towel-lined plate and allow to cool. Discard all but a thin layer of **bacon fat** from pot. (Reserve pot.)
- Transfer **bacon** to a cutting board. Roughly chop.

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 PREP

- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- Slice **celery** across into pieces, about ¼ inch each.
- Cut **broccoli** lengthwise into slices, about ¼ inch thick.
- Mince **chives**.

3 SEASON & BROWN CHICKEN

- Pat **chicken cutlets** dry with paper towels. Medium dice into pieces, about ½ inch each.
- Place in a medium bowl. Season with salt, pepper, and about half of the **oregano-garlic seasoning**. Stir to coat.
- Return pot with **bacon fat** to stovetop over medium heat. Add **chicken** to hot pot. Cook 2-4 minutes, or until lightly browned, stirring occasionally.

4 ADD VEGGIES

- Add **onion, celery, broccoli**, and 2 tablespoons butter to pot with **chicken**. Season with about ¼ teaspoon salt. Cook 3-5 minutes, or until veggies are softened and chicken is fully cooked, stirring occasionally.

5 MAKE SOUP

- Add **roasted red peppers, tapioca flour**, remaining **oregano-garlic seasoning**, and ¼ teaspoon of the **nutmeg** (reserve remaining nutmeg for another use) to pot with **chicken and veggies**. Cook 2-3 minutes, or until veggies are evenly coated, stirring frequently.
- Add 1½ cups water. Stir to combine. Bring to a boil, then reduce heat to medium low. Cook 4-5 minutes, or until soup is slightly thickened and reduced by about half, stirring occasionally. Season with about ¼ teaspoon salt and pepper to taste.
- Add **cream cheese** and about half of the **sharp cheddar cheese**. Stir to combine. Cook 1-2 minutes, or until cheese melts, stirring occasionally. Season with salt and pepper to taste.

6 PLATE YOUR DISH

- Divide **broccoli cheddar chicken soup** between bowls. Garnish with **bacon, chives**, and remaining **cheddar cheese**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (454g)

Amount per serving

Calories **690**

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 39g | 50% |
| Saturated Fat 17g | 85% |
| Trans Fat 0g | |
| Cholesterol 220mg | 73% |
| Sodium 1000mg | 43% |
| Total Carbohydrate 22g | 8% |
| Dietary Fiber 6g | 21% |
| Total Sugars 8g | |
| Includes 0g Added Sugars | 0% |
| Protein 64g | |
| Vitamin D 0mcg | 0% |
| Calcium 450mg | 35% |
| Iron 2mg | 10% |
| Potassium 1110mg | 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 Cutlets [chicken], **Bacon, Broccoli, Yellow Onion, Sharp Cheddar Cheese** [part-skim milk, cheese cultures, salt, enzymes, annatto, anti caking agent (potato starch powdered cellulose, natamycin)], **Cream Cheese** [cultured pasteurized skim milk and cream, whey protein, milk proteins, less than 2% salt, inulin (natural dietary fiber), natural acids, xanthan, locust bean and guar gums, potassium sorbate (maintains freshness)], **Chives, Celery, Roasted Red Peppers** [bell pepper], **Nutmeg, Tapioca Flour** [organic cassava or manioc root], **Oregano-Garlic Seasoning** (Dried Oregano, Granulated Garlic, Onion Powder, Dried Parsley)

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.