



CHICKEN & WHITE BEAN SOUP

cheddar cheese, sour cream, Cholula sauce, tortilla chips

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
980

Warm up your week with this rustic one-pot meal that's somewhere between a rich, brothy soup and a protein-packed chili. It starts with chicken seasoned with warming spices. Sweet corn and creamy white beans are stirred in, and everything is simmered in a savory spiced broth. You'll top your bowls with sharp cheddar cheese, sour cream, and Cholula sauce. Serve the homemade tortilla chips on the side for dunking, or crumble a few directly over your bowl for a crispy finish.

INGREDIENTS (10 ITEMS)

- 13¼ oz **Cannellini beans**
- 6 whole **Flour tortillas** W
- 10 oz **Chicken strips***
- 1½ tsp **Chili, cumin & paprika blend**
- 2¾ oz **Corn**
- 3½ oz **Spiced vegetable broth** T
- 1 whole **Chicken stock concentrate**
- 1 oz **Sharp cheddar cheese** M
- 2 oz **Sour cream** M
- 1 tsp **Cholula sauce**

WHAT YOU'LL NEED

- medium pot
- baking sheet
- medium bowl
- measuring cup & spoons
- strainer
- thermometer
- oven mitt
- cooking oil
- 1 tbsp butter M
- salt & pepper

ALLERGENS

- W WHEAT
- T TREE NUTS (coconut)
- 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

- Preheat oven to 425 degrees.
- Strain and rinse **cannellini beans**.
- Cut three **flour tortillas** (reserve the rest for another use) into six triangles each, making 18 pieces total.

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 1½ tablespoons cooking oil in a medium pot over medium heat. Add **chicken** to hot pot. Season with most of the **chili, cumin, and paprika blend** (reserve about ¼ teaspoon for Step 4), ¼ teaspoon salt, and a pinch of pepper. Cook 2-3 minutes, or until lightly browned, stirring occasionally.



3 ADD VEGGIES & BROTH

- Add **corn** to pot. Cook 1-2 minutes, or until corn is warmed through, stirring occasionally.
- Add **spiced vegetable broth, chicken stock concentrate**, about three-quarters of the **beans**, and 1 cup water. Season with ¼ teaspoon salt and a pinch of pepper. Simmer 8-10 minutes, or until broth has slightly thickened and chicken is fully cooked, stirring occasionally. (You'll finish the soup in Step 5.)



4 MAKE TORTILLA CHIPS

- Place **tortilla wedges** in a medium bowl. Drizzle with 1 tablespoon cooking oil. Season with salt, pepper, and reserved **chili, cumin, and paprika blend**. Gently toss to coat.
- Spread **tortilla wedges** out in a single layer on a lightly oiled, foil-lined baking sheet. Toast 4-6 minutes, or until crispy.



5 FINISH SOUP

- Add 1 tablespoon butter and remaining **beans** to pot with **soup**. Season with salt and pepper to taste.* Cook 1-2 minutes, or until beans are warmed through, 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.

6 PLATE YOUR DISH

- Divide **chicken and white bean soup** between bowls. Garnish with **sharp cheddar cheese, sour cream**, and **Cholula sauce** to taste (or omit). Serve **tortilla chips** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (577g)

Amount per serving

Calories **980**

	% Daily Value*
Total Fat 42g	54%
Saturated Fat 16g	80%
Trans Fat 0g	
Cholesterol 155mg	52%
Sodium 1950mg	85%
Total Carbohydrate 79g	29%
Dietary Fiber 17g	61%
Total Sugars 8g	
Includes 1g Added Sugars	2%
Protein 58g	
Vitamin D 0mcg	0%
Calcium 309mg	25%
Iron 6mg	35%
Potassium 1350mg	30%

* 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], **Corn** [corn], **Spiced Vegetable Broth** (Vegetable Broth [water, carrots, celery, onions, leeks, tomato puree (tomatoes, sea salt, citric acid), mushrooms, garlic, spices, sea salt], Granulated Garlic, Ground Cumin, Dried Oregano, Chili Powder [chili pepper, paprika, oregano, cumin, garlic, salt, spices], Cocoa Powder [organic cocoa powder, non-alkaline processing], Sea Salt, Cinnamon, Smoked Paprika, Coconut Nectar [coconut tree sap], Red Wine Vinegar [aged red wine vinegar]), **Sharp Cheddar Cheese** [part-skim milk, cheese cultures, salt, enzymes, annatto, anti caking agent (potato starch powdered cellulose, natamycin)], **Sour Cream** [cultured cream], **Cholula Sauce** [water, peppers (arbol & piquin), salt, vinegar, garlic powder, spices, xanthan gum], **Chili, Cumin & Paprika Blend** (Smoked Paprika, Sweet Paprika, Ground Cumin, Dried Oregano, Ground Coriander, Granulated Garlic, Chili Powder [chili pepper, paprika, oregano, cumin, garlic, salt, spices]), **Chicken Stock Concentrate** [chicken stock, maltodextrin, natural flavor, chicken fat, sugar, salt, yeast extract and xanthan gum], **Flour Tortillas** [wheat flour (unbleached wheat flour, niacin, iron thiamin mononitrate, riboflavin, enzyme, folic acid), water, vegetable shortening (palm oil), salt, mono- and diglycerides, calcium propionate, vital wheat gluten, rice flour, sugar, sodium bicarbonate, fumaric acid, sorbic acid, sodium aluminum sulfate, sodium aluminum phosphate, guar gum, cmc gum, enzymes (wheat starch, microcrystalline cellulose), sodium metabisulfite], **Cannellini Beans** [cannellini beans, water, salt]

Allergen information:

Contains Wheat, Milk And Tree Nuts

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.