



# WHITE BEAN CHICKEN CHILI

*corn, tomato, herby crema, cheddar, Cholula sauce*

**COOK TIME**  
25 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
660

**MENU**  
GLUTEN-FREE // FAST & FIT

This thick, rich white bean and chicken chili satisfies all on its own, but it's lifted to new heights with a bevy of delicious add-ons, from an herby crema and sharp cheddar cheese to Roma tomato, zesty scallion greens, and a drizzle of Cholula sauce for a bit of heat. Just sauté chicken strips (seasoned with an ancho-cumin blend) along with corn and scallion until tender, simmer it down with cannellini beans in a cream cheese-laced chicken stock, then garnish to your heart's desire.

- INGREDIENTS (12 ITEMS)**
- 13¼ oz **Cannellini beans**
  - 1 whole **Roma tomato**
  - 1 whole **Scallion**
  - 10 oz **Chicken strips\***
  - 1 tsp **Ancho-cumin spice blend**
  - 3½ oz **Corn**
  - 2 whole **Chicken stock concentrates**
  - 1 oz **Sour cream** M
  - ¾ tsp **Dill, garlic & onion blend**
  - 1 oz **Cream cheese** M
  - 1 oz **Sharp cheddar cheese** M
  - 1 tsp **Cholula sauce**

- WHAT YOU'LL NEED**
- large pot
  - mixing bowls
  - measuring cup & spoons
  - strainer
  - potato masher
  - thermometer
  - cooking & olive oils
  - 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.

**Validate**  
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 degrees.

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](http://greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 **PREP**

- Strain and rinse **cannellini beans**.
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Trim and thinly slice **scallion**, separating whites from greens.

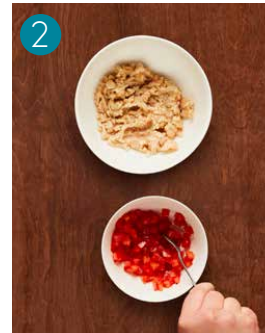
**COOKING FOR**  
4

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 **MASH BEANS & SEASON TOMATO**

- Place about half the **cannellini beans** in a medium bowl. (You'll use the rest of the beans in Step 6.) Mash with a potato masher or fork until smooth.
- Place **Roma tomato** in a small bowl. Add 1 teaspoon olive oil. Season lightly with salt and pepper. Stir to combine.



3 **SEASON & SEAR CHICKEN**

- Pat **chicken strips** dry with paper towels. Cut any larger strips in half lengthwise. Place in a large bowl. Season with **ancho-cumin spice blend**, salt, and pepper. Stir to coat.
- Heat 1 tablespoon cooking oil in a large pot over medium-high heat. Add **chicken** to hot pot. Cook 2-4 minutes, or until browned all over, stirring occasionally.

4 **START CHILI**

- Add **corn** and **scallion whites** to pot with **chicken**. Cook 2-3 minutes, or until scallion whites are softened and chicken is fully cooked, stirring occasionally.
- Add 1½ cups water and **chicken stock concentrates**. Stir to combine.\* Bring to a boil, then reduce heat to medium low. Cook 4-5 minutes, or until liquid has slightly reduced, stirring occasionally. Season with ¼ teaspoon salt and pepper to taste.

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



5 **MIX CREMA**

- Place **sour cream** and **dill, garlic, and onion blend** in a second small bowl. Stir to combine. Add water 1 tsp at a time until mixture reaches a drizzling consistency.



6 **FINISH CHILI**

- Add **cream cheese**, **mashed cannellini beans**, and remaining **whole cannellini beans** to pot. Stir until cream cheese is incorporated and beans are warmed through, 1-2 minutes. Season with salt and pepper to taste.

7 **PLATE YOUR DISH**

- Divide **white bean chicken chili** between bowls. Drizzle with **herby crema**. Garnish with **scallion greens**, **tomato**, **sharp cheddar cheese**, and **Cholula sauce** to taste (or omit). Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (494g)

Amount per serving

**Calories** **660**

	% Daily Value*
<b>Total Fat</b> 23g	29%
Saturated Fat 8g	40%
Trans Fat 0g	
<b>Cholesterol</b> 135mg	45%
<b>Sodium</b> 1310mg	57%
<b>Total Carbohydrate</b> 49g	18%
Dietary Fiber 16g	57%
Total Sugars 11g	
Includes 0g Added Sugars	0%
<b>Protein</b> 55g	
Vitamin D 0mcg	0%
Calcium 242mg	20%
Iron 4mg	20%
Potassium 1406mg	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], **Ancho-Cumin Spice Blend** (Ancho Chili Powder, Smoked Paprika, Cinnamon, Ground Cumin, Dried Orange Peel, Granulated Garlic, Sweet Paprika, Dried Oregano), **Roma Tomatoes**, **Cannellini Beans** [cannellini beans, water, salt], **Corn** [corn], **Chicken Stock Concentrate** [chicken stock, maltodextrin, natural flavor, chicken fat, sugar, salt, yeast extract and xanthan gum], **Sharp Cheddar Cheese** [part-skim milk, cheese cultures, salt, enzymes, annatto, anti caking agent (potato starch powdered cellulose, natamycin)], **Scallions**, **Cholula Sauce** [water, peppers (arbol & piquin), salt, vinegar, garlic powder, spices, xanthan gum], **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)], **Sour Cream** [cultured cream], **Dill, Garlic & Onion Blend** (Dried Parsley, Dried Dill, Granulated Garlic, Onion Powder, Dried Basil, Black Pepper)

### 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.*

