

Jalapeno White Bean Chili

Total Cook Time: 1 hour
Contains raw meat, cook thoroughly
Cook from Frozen
Meals are 3-4 servings

*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

Prepare with (aka ingredients needed to prepare meal):

- 2 cups (4 cups)* chicken broth
- 4 ounces (8 ounces) cream cheese
- Optional toppings and garnishes: Bacon, shredded cheese

Instant Pot Cooking Directions:

1. Open the meal and pop food into the pressure cooker pot. Add 2 cups (4 cups)* of chicken broth.
2. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 15 minutes.
3. When pressure cooking is complete, use a natural release.
4. Scoop meat out with a slotted spoon and shred. Return to pot.
5. Cube 4 ounces (8 ounces)* of cream cheese and add it to the soup. Stir until well incorporated. Pro tip: For an extra-smooth, creamy texture, ladle about 2 scoops of broth from the soup into a blender with the cream cheese. Blend until completely smooth, then pour the mixture back into the soup and stir until combined.
6. Serve hot with desired toppings.

Slow Cooker Cooking Directions:

1. Thaw meal completely in fridge. Pour meal into the slow cooker. Add the said amount of liquid above. Cover and cook on LOW for 4-5 hours or HIGH for 2-3 hours, until the chicken reaches an internal temperature of 165 degrees. Continue with steps 4-6.

Leftover Suggestions:

- Chip Dip, Freeze in individual containers for an easy lunch

Notes:

- Whipped cream cheese blends into soups the easiest. If a few small bits don't fully melt, don't worry—it won't affect the final taste.

INGREDIENTS: CHICKEN, GREAT NORTHERN BEANS (PREPARED GREAT NORTHERN BEANS, WATER, SALT, CALCIUM CHLORIDE (FIRMING AGENT)), DICED TOMATOES (TOMATOES, TOMATO JUICE, <2% OF: SALT, CITRIC ACID, CALCIUM CHLORIDE), CORN, ONION, SALT, JALAPENOS, GARLIC, SPICE

