

# Creamy Chicken Enchilada Soup

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
- 15-ounce can (2-15-ounce cans)\* great northern beans, drained
- Optional toppings and garnishes: Shredded cheese, corn, pico de gallo, diced avocado, tortilla chips, sour cream, hot sauce

## Instant Pot Cooking Directions:

1. Open the meal and pop food into the pressure cooker pot. Add 2 cups (4 cups)\* of chicken broth to the pot.
2. Secure the lid and turn the pressure release knob to a sealed position. Cook at high pressure for 15 minutes.
3. When cooking is complete, use a natural release.
4. Remove chicken and shred or cut into bite sized pieces. Set aside.
5. Using an immersion blender or table-top blender, blend soup until smooth. BE CAREFUL, LIQUID IS HOT.
6. Add chicken and can(s) of great northern beans to the pot and stir well.
7. To serve, ladle soup into a bowl and top with desired toppings.

## Slow Cooker Cooking Directions:

1. Thaw meal completely in fridge. 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 4-7.

## Leftover Suggestions:

- Place in single serving bowls and freeze for an easy meal.

## Notes:

- For picky eaters, blend up the great northern beans in the soup also.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	<b>Total Fat</b> 1.5g	<b>2%</b>	<b>Total Carbohydrate</b> 16g	<b>6%</b>
4 servings per container	Saturated Fat 0g	<b>0%</b>	Dietary Fiber 3g	<b>11%</b>
<b>Serving size</b> <b>1 cup (282g)</b>	Trans Fat 0g		Total Sugars 5g	
<b>Calories</b> <b>per serving</b> <b>180</b>	<b>Cholesterol</b> 75mg	<b>25%</b>	Includes 0g Added Sugars	<b>0%</b>
	<b>Sodium</b> 1440mg	<b>63%</b>	<b>Protein</b> 26g	
Vitamin D 0mcg 0% • Calcium 40mg 4% • Iron 2.5mg 15% • Potassium 440mg 10% Vitamin A 950mcg 110% • Vitamin C 43mg 50%				

\* 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.



INGREDIENTS: CHICKEN, TOMATO SAUCE (TOMATO PUREE (WATER, TOMATO PASTE), WATER, SEA SALT, CITRIC ACID, SPICE), BUTTERNUT SQUASH, RED PEPPERS, POTATO, GREEN CHILES (GREEN CHILE PEPPERS, WATER, CONTAINS LESS THAN 2% OF: CALCIUM CHLORIDE, CITRIC ACID, SALT), ONION, SALT, SPICE, GARLIC, PAPRIKA, ONION