# 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 to soup. Stir until cream cheese is mixed in well.
- 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.

Nutrition	Amount/serving	% Daily Value*	Amount/serving % Daily	Value*	* The % Daily Value (DV) tells you how much a nutrient in a serving of food
	Total Fat 1.5g	2%	Total Carbohydrate 23g	8%	
Facts	Saturated Fat 0g	0%	Dietary Fiber 5g	18%	
4 servings per container	Trans Fat 0g		Total Sugars 5g		contributes to a daily diet, 2,000
Serving size 1 cup (256g)	Cholesterol 55mg	18%	Includes 0g Added Sugars	0%	calories a day is used for general
Calories per serving 190	Sodium 1120mg	49%	Protein 24g		nutrition advice.
	Vitamin D 0mcg 0% • Calcium 90mg 6% • Iron 2.1mg 10% • Potassium 320mg 6% Vitamin A 150mcg 15% • Vitamin C 10mg 10%				

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