

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.

<

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