

Red 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):

- 1 cup (2 cups)* chicken broth
- Optional toppings and garnishes: Fresh cilantro, diced avocado, shredded cheese, sour cream, tortilla chips

Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 1 cup (2 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 or cut into bite-sized pieces. Return meat to juices.
5. Serve hot 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 4-5.

Leftover Suggestions:

- Rice or Quinoa Bowls – Serve the soup over rice or quinoa for a more filling meal.
- Taco Filling – Drain slightly and use the meat/beans as a filling for tacos, burritos, or tostadas.

Notes:

- This soup freezes well after cooking. Portion into individual containers and freeze for an easy grab-and-go lunch.

Nutrition Facts

4 servings per container

Serving size
1 cup (400g)

Calories per serving **260**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 2g	3%	Total Carbohydrate 36g	13%
Saturated Fat 0g	0%	Dietary Fiber 8g	29%
Trans Fat 0g		Total Sugars 9g	
Cholesterol 55mg	18%	Includes 0g Added Sugars	0%
Sodium 1340mg	58%	Protein 27g	

Vitamin D 0mcg 0% • Calcium 100mg 8% • Iron 3.2mg 20% • Potassium 170mg 4%
Vitamin A 200mcg 20% • Vitamin C 18mg 20%

INGREDIENTS: BLACK BEANS (WATER, BLACK BEANS, SALT, CALCIUM CHLORIDE), FIRE ROASTED TOMATOES (UNPEELED DICED TOMATOES, TOMATO JUICE, LESS THAN 2% OF: SALT, CITRIC ACID, CALCIUM CHLORIDE), CHICKEN, CORN, RED ENCHILADA SAUCE (WATER, ORGANIC TOMATO PASTE, ORGANIC SPICES, SALT, ORGANIC CANE SUGAR, ORGANIC CORN STARCH, ORGANIC BAKER'S YEAST, CITRIC ACID, ORGANIC FLAVOR), GREEN CHILES (GREEN CHILE PEPPERS, WATER, CONTAINS LESS THAN 2% OF: CALCIUM CHLORIDE, CITRIC ACID, SALT), ONION, SALT, GARLIC, SPICE

* 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.

IMPORTANT!

FOOD SAFETY INSTRUCTIONS

Raw meat and poultry may contain bacteria that could cause illness if not handled or cooked safely. Follow these instructions to avoid illness.



WASH AND
DRY HANDS



CLEAN UTENSILS
AND SURFACES,
AND THEN SANITIZE



KEEP UNCOOKED
MEAT AND
POULTRY SEPARATE



USE FOOD
THERMOMETER

Minimum Internal Temperature
Beef, pork, veal, lamb: steaks, roasts & chops 145° F + 3-min rest time
Turkey, chicken, duck: whole, pieces & ground 165° F
Ground beef, pork, veal & lamb 160° F
Fish 145° F

For More Information:
www.fsis.usda.gov/safe