

Salsa Verde Taco 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 1/2 cups (5 cups)* chicken broth
- Optional toppings and garnishes: Crumbled feta cheese, sour cream, diced avocado, lime juice, fresh cilantro, crushed tortilla chips

Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 2 1/2 cups (5 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. With a slotted spoon, scoop chicken onto a cutting board and shred. Return meat to soup.
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:

- Stuffed Peppers – Drain liquid and combine with rice. Stuff into bell peppers, and bake.
- Nacho Bake – Drain liquid. Scatter over tortilla chips, sprinkle with cheese, and bake until bubbly.

Notes:

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

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
4 servings per container		Total Fat 2g	3%	Total Carbohydrate 19g	7%
Serving size 1 cup (244g)		Saturated Fat 0g	0%	Dietary Fiber 3g	11%
Calories per serving		Trans Fat 0g		Total Sugars 8g	
190		Cholesterol 75mg	25%	Includes 0g Added Sugars	0%
		Sodium 760mg	33%	Protein 26g	
		Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 1.5mg 8% • Potassium 310mg 6%			
		Vitamin A 40mcg 4% • Vitamin C 14mg 15%			

* 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, CORN, SALSA VERDE (TOMATILLOS, WATER, CHILES, ONIONS, SALT, GARLIC, CANOLA OIL, SPICES AND CORNSTARCH), ONION, GARLIC, SPICE, LIME JUICE, CILANTRO, SALT, JALAPENO PEPPERS (WATER, CONTAINS LESS THAN 2% OF: CALCIUM CHLORIDE, CITRIC ACID, SALT)

