

# 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

4 servings per container  
Serving size  
1 cup (244g)

Calories  
per serving  
**190**

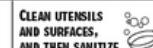
Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 2g	<b>3%</b>	<b>Total Carbohydrate</b> 19g	<b>7%</b>
Saturated Fat 0g	<b>0%</b>	Dietary Fiber 3g	<b>11%</b>
Trans Fat 0g		Total Sugars 8g	
<b>Cholesterol</b> 75mg	<b>25%</b>	Includes 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 760mg	<b>33%</b>	<b>Protein</b> 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.

## 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.



CLEAN UTENSILS  
AND SURFACES,  
AND THEN SANITIZE



KEEP UNCOOKED  
MEAT AND  
POULTRY SEPARATE  
USE FOOD  
THERMOMETER

Minimum Internal Temperatures

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](http://www.fsis.usda.gov/safe)

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)