

White Chicken 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):

- 1 cup (2 cups)* chicken broth
- 4 ounces (8 ounces)* cream cheese
- Optional toppings and garnishes: Shredded cheese, fresh cilantro, diced avocado, sour cream, lime juice, tortilla chips, diced tomato

Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 1 cup (2 cups)* 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 out chicken with a slotted spoon and shred or cut into bite sized pieces. Return to the pot.
5. Use the sauté function to heat the mixture. Cut 4 ounces (8 ounces)* cream cheese into cubes and add to the soup. Stir well until melted and combined.
6. 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 4-6.

Leftover Suggestions:

- White Chicken Chili Casserole – Mix with cooked pasta or rice, top with cheese, and bake.
- Stuffed Peppers – Combine with rice, stuff into bell peppers, and bake.
- Nacho Bake – Pour over tortilla chips, sprinkle with cheese, and bake until bubbly.

Notes:

- Use whipped cream cheese in this recipe—it melts into the soup much more smoothly than a block of cream cheese.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 2g	3%	Total Carbohydrate 34g	12%
4 servings per container Serving size 1 cup (355g)	Saturated Fat 0g	0%	Dietary Fiber 8g	29%
	Trans Fat 0g		Total Sugars 7g	
Calories per serving 250	Cholesterol 55mg	18%	Includes 0g Added Sugars	0%
	Sodium 1150mg	50%	Protein 27g	
Vitamin D 0mcg 0% • Calcium 130mg 10% • Iron 3.4mg 20% • Potassium 320mg 6% Vitamin A 260mcg 30% • Vitamin C 21mg 25%				

* 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: DICED TOMATOES (TOMATOES, TOMATO JUICE, <2% OF: SALT, CITRIC ACID, CALCIUM CHLORIDE), CHICKEN, BLACK BEANS (WATER, BLACK BEANS, SALT, CALCIUM CHLORIDE), GREAT NORTHERN BEANS (PREPARED GREAT NORTHERN BEANS, WATER, SALT, CALCIUM CHLORIDE (FIRMING AGENT)), CORN, GREEN CHILES (GREEN CHILE PEPPERS, WATER, CONTAINS LESS THAN 2% OF: CALCIUM CHLORIDE, CITRIC ACID, SALT), SPICE, SALT, GARLIC, ONION