

# 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.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	<b>Total Fat</b> 1.5g	<b>2%</b>	<b>Total Carbohydrate</b> 23g	<b>8%</b>
Saturated Fat 0g	<b>0%</b>	Dietary Fiber 5g	<b>18%</b>	
Trans Fat 0g		Total Sugars 5g		
<b>Cholesterol</b> 55mg	<b>18%</b>	Includes 0g Added Sugars	<b>0%</b>	
<b>Sodium</b> 1120mg	<b>49%</b>	<b>Protein</b> 24g		
Vitamin D 0mcg 0% • Calcium 90mg 6% • Iron 2.1mg 10% • Potassium 320mg 6% Vitamin A 150mcg 15% • Vitamin C 10mg 10%				

4 servings per container  
**Serving size 1 cup (256g)**  
**Calories per serving 190**

\* 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, 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