



# WHITE BEAN CHICKEN CHILI - DINNER

# CHILI BURRITO - LUNCH



**COOK IT ONCE, EAT IT TWICE**

Tonight's dinner extras transform into tomorrow's lunch.

<b>DINNER</b>	<b>TOTAL: 40 MIN</b>	<b>CALORIES: 700</b>
<b>LUNCH</b>	<b>TOTAL: 5 MIN</b>	<b>CALORIES: 530</b>

Ingredients for: 2-person | 4-person

-   
Jasmine Rice  
¾ Cup | 1½ Cups
-   
Scallions  
2 | 4
-   
Cilantro  
¼ oz | ¼ oz
-   
Enchilada Spice Blend  
1 TBSP | 2 TBSP
-   
Sour Cream  
(Contains: Milk)  
2 TBSP | 4 TBSP
-   
Cannellini Beans  
13.4 oz | 26.8 oz
-   
Hot Sauce  
3 tsp | 4 tsp
-   
Flour Tortillas  
(Contains: Wheat)  
2 | 2
-   
Long Green Pepper  
1 | 2
-   
Roma Tomato  
1 | 2
-   
Chicken Cutlets  
20 oz | 30 oz
-   
Lime  
1 | 2
-   
Chili Powder  
1 tsp | 2 tsp
-   
Chicken Stock Concentrates  
3 | 6
-   
Monterey Jack Cheese  
(Contains: Milk)  
½ Cup | 1 Cup

**BUST OUT** • Small pot • Paper towels • Large pot • Zester • 2 Small bowls • Plastic wrap • Vegetable oil (1 TBSP | 2 TBSP)



**DINNER**



**1 COOK RICE AND PREP**

Bring **1¼ cups water** with a pinch of **salt** to boil in a small, lidded pot. Once boiling, stir in **rice**. Reduce heat to low and cook, covered, until rice is tender, about 15 minutes. Keep covered. Meanwhile, **wash and dry all produce**. Core, deseed, and dice **green pepper**. Dice **tomato**. Trim and thinly slice **scallions**, separating whites from greens. Finely chop **cilantro**.

**2 COOK CHICKEN**

Pat **chicken** dry with paper towels; season all over with **salt, pepper**, and half the **Enchilada Spice**. Heat a large drizzle of **oil** in a large pot over medium-high heat. Add chicken and cook until browned and cooked through, 4-7 minutes per side. Turn off heat; remove chicken from pot and set aside.

**3 MAKE SALSA AND CREMA**

While chicken cooks, zest 1 tsp zest from **lime**; quarter lime. In a small bowl, combine **tomato, scallion whites**, up to half the **cilantro**, a squeeze of lime juice, **salt**, and **pepper**. In a separate small bowl, combine **sour cream**, lime zest, a squeeze of lime juice, salt, and pepper.



**4 START CHILI**

Heat a drizzle of **oil** in same pot used to cook chicken over medium-high heat. Add **green pepper** and cook, stirring, until slightly softened, 1-2 minutes. Add **chili powder** and remaining **Enchilada Spice**. Cook, stirring, until thoroughly combined, 1-2 minutes. Add **beans** and their liquid, **stock concentrates**, and **1½ cups water**. Bring to a boil, then reduce to a simmer. Simmer until slightly thickened, 7-10 minutes. Taste and season with **salt** and **pepper**.

**5 FINISH CHILI AND SERVE DINNER**

Cut **chicken** into bite-sized pieces (or shred with two forks). Stir into **chili**. Fluff **rice** with a fork; stir in half the **scallion greens** and season with **salt** and **pepper**. Reserve ⅓ of the rice and ⅓ of the chili for lunch. Divide remaining rice and remaining chili between bowls. Top with **salsa** and **crema**. Sprinkle with remaining scallion greens, half the **cheese**, remaining **cilantro**, and a squeeze of **lime juice**. Drizzle both bowls with **hot sauce** from 1 packet.

**LUNCH**



**6 MAKE LUNCH FOR TWO**

Divide reserved **rice** and **chili** between **tortillas**. Sprinkle with remaining **cheese**. Roll tightly into burritos. Wrap in plastic wrap and refrigerate overnight. When ready to eat, microwave until warmed through, 1-2 minutes. Serve with remaining **hot sauce** packets.