

Chicken Enchilada Soup Mix

Put down your fork, it's authentic chicken enchilada flavor in a bowl. Easy preparation with common ingredients. 2 packets, 8 servings per packet.

Instructions

CHICKEN ENCHILADA SOUP

- 1 Homemade Gourmet Chicken Enchilada Soup Mix
- 1 14.5 oz can diced tomatoes
- 1 cup milk
- 4 cups water
- 1 12.5 oz can diced chicken or 1 cup cooked chicken shredded (optional)

Directions

1. In a 2-quart (or larger) stockpot, combine soup mix, diced tomatoes, milk and water.
2. Bring to a rolling boil over medium-high heat, then reduce heat and simmer 15-20 minutes, stirring occasionally.
3. If desired, add cooked chicken and heat through. About 5 minutes.

ENCHILADA CHICKEN

- 3 pounds boneless, skinless chicken breasts
- 1 Homemade Gourmet Chicken Enchilada Soup Mix
- 1 10 oz can diced tomatoes with green chilies, undrained. (You may substitute plain diced tomatoes for milder version.)
- 1 cup water
- 1 gallon sized zipper freezer bag

DIRECTIONS

MAKE IT NOW™ Select preferred cooking options below and prepare accordingly.

PREPARE FOR LATER™ place all ingredients into the freezer bag. Seal and **SMOOSH** to blend ingredients! Before freezing, label bag as Enchilada Chicken and list cooking instructions.

COOKING OPTIONS:

- BAKE:** Thaw (if frozen) and bake (covered) at 350 degrees for 1 hour.
- GRILL:** Thaw (if frozen), discard marinade, and grill over medium-high heat until chicken juices run clear.
- SLOW COOKER:** Defrost (if frozen) enough to empty contents into slow cooker and cook on low for 4-6 hours.

Allergens

Contains milk

Ingredients

Chicken Soup Base (salt, dextrose, maltodextrin, corn starch, sugar, dehydrated onion, hydrolyzed vegetable protein (hydrolyzed corn protein and sunflower oil), yeast extract, soybean oil (processing aid), silicon dioxide (anti-caking agent), rendered chicken fat with natural flavoring, and spice extractive (for color), Masa (corn treated with lime water), Powdered Cheese (Whey, reduced lactose whey, butter (cream, salt), buttermilk, salt, cheese [cheddar and blue cheeses (cultured milk, salt, and enzymes)], disodium phosphate, natural flavor, color (paprika, turmeric, and annatto), lactic acid, citric acid, and less than 2% silicon dioxide added as an anti-caking agent), Garlic Salt, Chili Powder, Parsley, Black Pepper, Cilantro, and Oregano.



Nutrition Facts

Serving Size: 2 tsp. (7g)

Servings Per Container: 8

Amount Per Serving

Calories	20	Calories from Fat	0
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	770mg		32%
Total Carbohydrates	4g		1%
Dietary Fiber	0g		0%
Sugars	1g		
Protein	1g		

Vitamin A 4%

Vitamin C 2%

Calcium 2%

Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.