

LYONS
**THICK
& EASY®**

Pureed White Chicken Chili





Pureed White Chicken Chili

IDDSI LEVELS    



INGREDIENTS

	1 Serving	6 Servings	12 Servings
THICK & EASY® Bulk Pureed Chicken Thawed & heated per package instructions Item: 78549	3 oz	½ of 2.25lb. bag (18 oz)	1 - 2.25lb. bag
Onion Powder	1/16 tsp	¼ - ½ tsp	¾ - 1 tsp
Garlic powder	1/16 tsp	¼ - ½ tsp	¾ - 1 tsp
Salt	1/16 tsp	¼ - ½ tsp	¾ - 1 tsp
Black pepper	1-2 dashes	¼ tsp	½ tsp
Ground Cumin	1/8 tsp	¾ tsp	1 ½ tsp
Chili powder	1/8 tsp	¾ tsp	1 ½ tsp
Dried oregano	1/8 tsp	¾ tsp	1 ½ tsp
HERB OX® Chicken Broth packets Prepared Chicken Broth Item: 35188*	½ cup	3 cups	1½ quarts
Refried beans	1 oz (2 Tbsp)	6 oz (¾ cup)	12 oz (1½ cups)
Diced green chilis, canned, drained (optional)	1 Tbsp	1/3 cup	2/3 cup
THICK & EASY® Instant Food & Beverage Thickener** Item: 17938	2 tsp	¼ cup	½ cup

*For a lower sodium recipe, use prepared Herb Ox® Sodium Free Chicken Broth (#36087) in place of regular chicken broth

**Note: Amount of thickener may be adjusted to meet desired consistency level.

The amount of thickener listed in recipe above will thicken soup to IDDSI level 4 (pureed) when served hot. Soup will become thicker as it cools.

NUTRITION

Serving Size: ~8fl oz.

Calories: 150

Total Fat: 4.5g

Saturated Fat: 1g

Trans Fat: 0g

Cholesterol: 30mg

Sodium: 950mg

Total Carbs: 13g

Dietary Fiber: 2g

Total Sugars: <1g

Added Sugars: 0g

Protein: 17g

Vitamin D: 0% DV

Calcium: 4% DV

Iron: 80% DV

Potassium: 4% DV

DIRECTIONS

1. Thaw and heat **THICK & EASY® Pureed Chicken** per package directions.
2. Stir together the heated chicken, seasonings, chicken broth and beans in a saucepan or stock pot.
3. Bring to a boil, stirring occasionally.
4. Remove from heat and puree soup until smooth. (Soup may be pureed with an immersion blender, in a blender or food processor. Always use caution when blending hot liquids.)
5. Add **THICK & EASY® Instant Food & Beverage Thickener** and blend with a wire whisk until thickened.
6. Keep warm for service at 135°F or higher.
7. Portion approximately 7 - 8 oz (about 1 cup) per serving. Top with garnishes, as desired.

Suggested garnishes: Sour cream, cheese sauce, smooth avocado or guacamole (no lumps), finely diced cilantro.