


**THICK
& EASY**

Pureed White Chicken Chili





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IDDSI LEVELS 4 5 6 7



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.