

**SOUTHWEST
CHICKEN**
.....
CHEF PACK

The Chef Has Arrived



Ready to taste some clean, simple food? We're sure you're going to love it! Go ahead and pop the lid to give it a try! Don't worry, there'll be plenty left for your recipes!

WHAT'S FOR DINNER?

- **Chicken Pasta Skillet**
- **Tortilla Soup with Corn & Cheddar Biscuits**
- **Chicken Fajitas**
- **Zesty Black Beans with Green Chili & Sweet Corn Brown Rice**
- **Effortless Queso Dip**



Your Next Delivery

Add our other Chef Packs to your next delivery, and keep the delicious meals coming!



828

Your Clean, Simple Food

Your Chef Pack includes all the Thrive Life cans you need to whip up healthy meals with minimum prep work.

- **Seasoned Chicken Slices**
- **Red Bell Peppers**
- **Onion Slices**
- **Green Chili Peppers**
- **Sweet Corn**
- **Instant Black Beans**
- **Instant Brown Rice**
- **Chef's Choice Seasoning Blend**
- **Velouté (Rich Chicken Gravy)**

GRABBING THE BASICS

We've compiled a list of all the pantry basics you'll need to finish off your recipes—simply scan and go! Please refer to specific recipe cards for measurements and quantities.

- Butter
- Milk
- Garlic cloves
- Garlic Granulated
- Cilantro
- Bacon
- Cumin
- Chili Powder
- Lime Juice
- Lemon Juice
- Cholula Hot Sauce
- BBQ Sauce
- Canned Tomatoes or 2 Roma Tomatoes
- Corn Tortillas
- Tortilla Chips
- White Flour
- Baking Powder
- Sour Cream
- Cheddar Cheese
- Farfalle Pasta (gluten free or traditional)

OPTIONAL

- Guacamole
- Parsley
- Heavy Cream
- Flour Tortillas

Lucky you! You will have some leftover ingredients after crafting all your recipes! Remember, Thrive Life foods can be used the same as grocery store products—minus the prep work! Just toss and go for delicious and easy meals every time.



Chicken Fajitas

Start to Finish: 24 minutes

Chicken Fajita Mix

Yield: 4 servings (8 Fajitas)



GRAB FROM YOUR THRIVE LIFE PACK:

- $\frac{3}{4}$ cup Onion Slices
- $\frac{3}{4}$ cup Red Bell Peppers
- $1\frac{1}{2}$ cup Seasoned Chicken Slices
- 3 tbsp. Green Chili Peppers
- $\frac{1}{2}$ tsp. Chef's Choice Seasoning Blend
- 1 tbsp. Velouté (Rich Chicken Gravy)

GRAB FROM YOUR KITCHEN:

- 2 tbsp. Butter
- 1 tbsp. Garlic, minced
- 2 cups Water
- $\frac{1}{2}$ tsp. Cumin
- $\frac{1}{2}$ tsp. Chili powder
- 1 tsp. Lime juice
- 8 4" Flour or corn tortillas
(gluten free or traditional)



Optional Toppings:

- $\frac{1}{3}$ cup Sour Cream
- $\frac{1}{3}$ cup Guacamole
- $\frac{1}{2}$ cup Cheese
- $\frac{1}{4}$ cup Cilantro

Tip From the Chef:

Freeze dried foods crisp up fast, so make sure to measure out all your ingredients first.

Cook With: ✓ Skillet or frying pan

1



Sauté garlic in butter. Add in Onion Slices, Red Bell Peppers, and Seasoned Chicken Slices and toast lightly.

2



Add in remaining ingredients except for the Velouté and lime juice. Simmer until water is mostly reduced.

3



Sprinkle in Velouté while stirring and then finish with the lime juice. Mix should be slightly saucy.

4



Allow to cook for an additional minute and serve with tortillas and additional toppings if desired.

SERVING IDEA: Serve alongside Zesty Black Beans with Green Chili and Sweet Corn Brown Rice.

SOUTHWEST CHICKEN

CHEF PACK

Zesty Black Beans with Green Chili & Sweet Corn Brown Rice

Start to Finish: 26 minutes

Black Beans

Yield: 4 servings (4 cups)

Brown Rice

Yield: 4 servings (3½ cups)



Zesty Black Beans

GRAB FROM YOUR THRIVE LIFE PACK:

- ½ cup Onion Slices
- ¼ cup Green Chili Peppers
- 2 cups Instant Black Beans
- 1 tsp. Chef's Choice Seasoning Blend

GRAB FROM YOUR KITCHEN:

- 2 slices Bacon
- 1 tbsp. Garlic, minced
- 4 cups Water
- ¾ tsp. Chili powder
- ¾ tsp. Cumin
- 2 tbsp. Cilantro, fresh, chopped
- 1 tsp. Cholula Hot Sauce
- ¼ cup BBQ sauce
- 1 tbsp. Lime juice

Green Chili & Sweet Corn Brown Rice

GRAB FROM YOUR THRIVE LIFE PACK:

- ¼ cup Green Chili Peppers
- ½ cup Sweet Corn
- 2 cups Instant Brown Rice
- ¼ cup Red Bell Peppers
- ¼ cup Onion Slices
- ¼ cup Velouté (Rich Chicken Gravy)
- 2½ tsp. Chef's Choice Seasoning Blend

GRAB FROM YOUR KITCHEN:

- 1 tbsp. Butter
- 1 tbsp. Garlic
- 2¾ cups Water
- 2 tbsp. Cilantro, fresh, chopped

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Tip From the Chef:

Freeze dried foods crisp up fast, so make sure to measure out all your ingredients first.

Cook With: ✓ Small sauce pan or pot
✓ Skillet or frying pan



Zesty Black Beans: In a medium skillet, cook the bacon until brown and drain half the fat. Add in the garlic, Onion Slices and Green Chili Peppers to toast lightly.



Zesty Black Beans: Add in the water and rest of the Zesty Black Bean ingredients except for the cilantro and lime juice. Simmer for 15-20 minutes covered or until beans reach desired tenderness.



Green Chili & Sweet Corn Brown Rice: In a small sauce pan, sauté the garlic in butter until golden brown. Add in the water and remaining ingredients except the cilantro and simmer covered for 5 minutes.



Zesty Black Beans: Test simmered beans for tenderness. Sauce should be thickened. Add more water if needed.



Zesty Black Beans: Add cilantro and lime juice. Simmer for 1-2 more minutes or until desired thickness and then let rest for 2-3 minutes.



Green Chili & Sweet Corn Brown Rice: Take off heat and let stand for 5 minutes covered. Fold cilantro into the rice and fluff.

SERVING IDEA: Serve with Chicken Fajitas.

Tortilla Soup with
Corn & Cheddar Biscuits

Start to Finish: 21 minutes

Tortilla Soup

Yield: 6-8 Servings (10 Cups)

Corn & Cheddar Biscuits

Yield: 8 Biscuits



Tortilla Soup

GRAB FROM YOUR THRIVE LIFE PACK:

- ¾ cup Seasoned Chicken Slices
- ½ cup Red Bell Peppers
- ½ cup Onion Slices
- ½ cup Sweet Corn
- ¼ cup Green Chili Peppers
- ½ cup Instant Black Beans
- 2 tsp. Chef's Choice Seasoning Blend
- ½ cup Velouté (Rich Chicken Gravy)

GRAB FROM YOUR KITCHEN:

- 1 tbsp. Butter
- 2 tbsp. Garlic, minced
- 8 cup Water
- 1 tbsp. Chili powder
- 2 tsp. Cumin
- 1 tsp. Cholula Hot Sauce
- 1 can Tomatoes, diced (drained) or 2 Roma tomatoes diced
- 5 Whole 6" Corn tortillas, cut in 1 inch squares
- ¼ cup Cilantro, fresh, chopped
- 2 tbsp. Lime juice

Corn & Cheddar Biscuits

GRAB FROM YOUR THRIVE LIFE PACK:

- 2 tbsp. Sweet Corn
- 2 tbsp. Onion Slices
- 2 tbsp. Green Chili Peppers
- 1 tsp. Chef's Choice Seasoning Blend

GRAB FROM YOUR KITCHEN:

- ⅔ cup Milk
- 1 tsp. Lemon juice
- ¾ tsp. Granulated garlic
- ½ cup Shredded cheddar cheese
- 1 cup White flour (gluten free or traditional)
- 1 tbsp. Baking powder
- ¼ cup Butter, melted

Optional Biscuit Toppings:

- 3 tbsp. Melted butter
- 1 tbsp. Chopped parsley
- ½ tsp. Granulated garlic

Tip From the Chef:

Freeze dried foods crisp up fast, so make sure to measure out all your ingredients first.

Cook With: ✓ Sandwich-sized resealable bag
✓ Mixing bowl
✓ 4-quart pot with lid
✓ Greased cookie sheet

1



Tortilla Soup: Sauté butter and garlic in a 4-quart pot

2



Tortilla Soup: Add all Tortilla Soup ingredients except Velouté, tortillas, cilantro, and lime juice. Simmer for 15–20 minutes covered, or until black beans are done.

3



Corn & Cheddar Biscuits: Preheat the oven to 400°. Crush the Sweet Corn, Green Chili Peppers, and Onion Slices in a resealable bag by pounding lightly into small pieces.

4



Corn & Cheddar Biscuits: Mix the milk with the lemon juice. Add the crushed vegetables to the milk mixture and let it rest. Combine and stir dry ingredients in a bowl and fold in milk mixture, cheese and melted butter until just combined.

5



Corn & Cheddar Biscuits: Scoop out 8 large biscuits onto a greased cookie sheet. Bake in oven for 12–15 minutes or until golden brown. If desired, brush melted butter garlic herb mixture on the top of each biscuit.

6



Tortilla Soup: Add in remaining ingredients to the soup and simmer on low another 3–5 minutes. Taste and adjust seasonings as needed.

SERVING IDEA: Dish soup into bowl, top with chips or guacamole topping. Serve with Corn & Cheddar Biscuits.

Chicken Pasta Skillet

Start to Finish: 16 minutes

Chicken Pasta Skillet
Yield: 4 servings (6 cups)



GRAB FROM YOUR THRIVE LIFE PACK:

- 1 cup Seasoned Chicken Slices
- ½ cup Red Bell Peppers
- ½ cup Onion Slices
- ½ cup Sweet Corn
- 2 tbsp. Green Chili Peppers
- ¼ cup Instant Black Beans
- 1 tsp. Chef's Choice Seasoning Blend
- ½ cup Velouté (Rich Chicken Gravy)



GRAB FROM YOUR KITCHEN:

- 8 oz Farfalle Pasta (gluten free or traditional)
- 1 tbsp. Butter
- 1 tbsp. Garlic, minced
- 1 tsp. Chili powder
- 1 tsp. Cumin
- 3½ cup Water
- 1 tsp. Cholula Hot Sauce
- ½ cup Sour cream
- 3 tbsp. Cilantro, fresh, chopped
- 1 tbsp. Lime juice

Tip From the Chef:

Freeze dried foods crisp up fast, so make sure to measure out all your ingredients first.

Cook With: ✓ Medium sized pot or pan
✓ Skillet or frying pan



To cook the pasta, add the farfalle pasta to boiling salted water in a medium size pot. Once pasta is done, drain and set it aside.



While the pasta is cooking, in a large skillet, sauté garlic in butter. Add in the Chicken Slices, Red Bell Peppers, Onion Slices, Sweet Corn, Chili Peppers, and Instant Black Beans. Add in water, chili powder, cumin, and Chef's Choice Seasoning and bring to a simmer.



Simmer for 15-20 minutes covered or until beans are cooked.



Once cooked, add in the Velouté and Cholula Hot Sauce. Allow to simmer 1-2 minutes while stirring.



Fold the sour cream and lime juice into sauce.



Add in cooked pasta and cilantro to the sauce and mix together. Make sure pasta is hot and serve.

SERVING IDEA: Portion pasta in bowl or plate.

Effortless Queso Dip

Start to Finish: 10 minutes

Effortless Queso Dip

Yield: 4 servings (2½ cups)



GRAB FROM YOUR THRIVE LIFE PACK:

- 1 tbsp. Red Bell Peppers
- 1 tbsp. Onion Slices
- 1 tbsp. Sweet Corn
- 2 tbsp. Green Chili Peppers
- 3 tbsp. Velouté (Rich Chicken Gravy)
- ½ tsp. Chef's Choice Seasoning Blend

GRAB FROM YOUR KITCHEN:

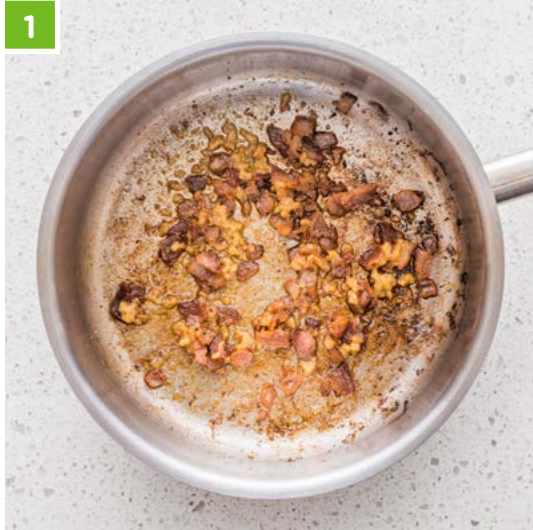
- 2 slices Bacon, diced small
- 1 tbsp. Garlic, minced
- 1½ cups Water
- ¼ tsp. Cumin
- ½ tsp. Chili powder
- 2 tsp. Cholula Hot Sauce, or to taste
- ¼ cup Heavy cream or milk
- 2 cups Shredded cheddar cheese
- 1 bag Chips (for dipping)



Tip From the Chef:

Freeze dried foods crisp up fast, so make sure to measure out all your ingredients first.

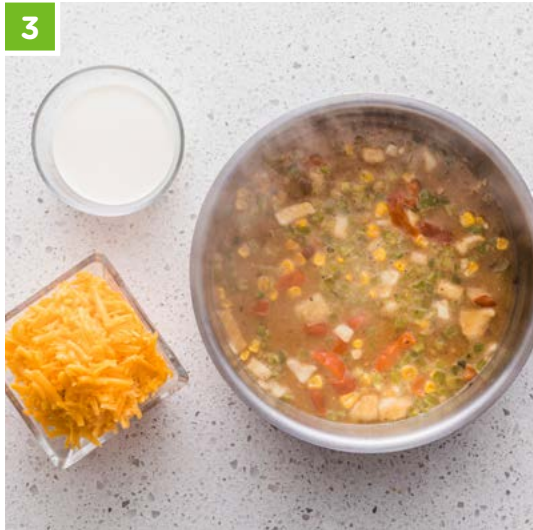
Cook With: ✓ Sauce Pan



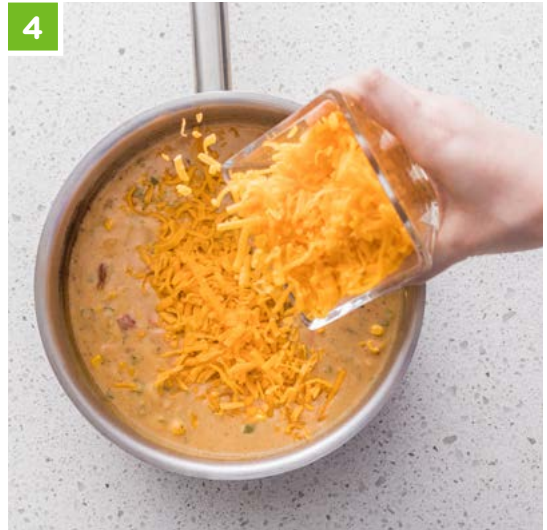
In a small sauce pan, cook the bacon until crispy. Drain half the fat and add in the garlic. Sauté until lightly browned.



Add in the remaining ingredients except for the heavy cream and cheddar cheese.



Simmer for about 3 minutes or until slightly thick.



Add in heavy cream (or milk) and cheddar cheese and remove from heat. Stir until smooth. Serve with tortilla chips.

SERVING IDEA: Serve with chips or tortillas