

# Salsa Verde Taco Soup

Total Cook Time: 1 hour

Contains raw meat, cook thoroughly

Cook from Frozen

Meals are 3-4 servings

\*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

Prepare with (aka ingredients needed to prepare meal):

- 2 1/2 cups (5 cups)\* chicken broth
- Optional toppings and garnishes: Crumbled feta cheese, sour cream, diced avocado, lime juice, fresh cilantro, crushed tortilla chips

## Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 2 1/2 cups (5 cups)\* of chicken broth.
2. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 15 minutes.
3. When pressure cooking is complete, use a natural release.
4. With a slotted spoon, scoop chicken onto a cutting board and shred. Return meat to soup.
5. Serve hot with desired toppings.

## Slow Cooker Cooking Directions:

1. Thaw meal completely in fridge. Add the said amount of liquid above. Cover and cook on LOW for 4-5 hours or HIGH for 2-3 hours, until the chicken reaches an internal temperature of 165 degrees. Continue with steps 4-5.

## Leftover Suggestions:

- Stuffed Peppers – Drain liquid and combine with rice. Stuff into bell peppers, and bake.
- Nacho Bake – Drain liquid. Scatter over tortilla chips, sprinkle with cheese, and bake until bubbly.

## Notes:

- This soup freezes well after cooking. Portion into individual containers and freeze for an easy grab-and-go lunch.

## Nutrition Facts

4 servings per container

**Serving size**  
**1 cup (309g)**

**Calories per serving** **260**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 2g	<b>3%</b>	<b>Total Carbohydrate</b> 33g	<b>12%</b>
Saturated Fat 0g	<b>0%</b>	Dietary Fiber 6g	<b>21%</b>
Trans Fat 0g		Total Sugars 9g	
<b>Cholesterol</b> 75mg	<b>25%</b>	Includes 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 1000mg	<b>43%</b>	<b>Protein</b> 31g	

Vitamin D 0mcg 0% • Calcium 60mg 4% • Iron 2.5mg 15% • Potassium 540mg 10%  
Vitamin A 40mcg 4% • Vitamin C 14mg 15%

INGREDIENTS: CHICKEN, GREAT NORTHERN BEANS (PREPARED GREAT NORTHERN BEANS, WATER, SALT, CALCIUM CHLORIDE (FIRMING AGENT)), CORN, SALSA VERDE (TOMATILLOS, WATER, CHILES, ONIONS, SALT, GARLIC, CANOLA OIL, SPICES AND CORNSTARCH), ONION, GARLIC, SPICE, LIME JUICE, CILANTRO, SALT, JALAPENO PEPPERS (WATER, CONTAINS LESS THAN 2% OF: CALCIUM CHLORIDE, CITRIC ACID, SALT)

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## IMPORTANT!

**Food Safety Instructions**  
Raw meat and poultry may contain bacteria that could cause illness if not handled or cooked safely. Follow these instructions to avoid illness.

 <b>WASH AND DRY HANDS</b>	 <b>CLEAN UTENSILS AND SURFACES, AND THEN SANITIZE</b>								
 <b>KEEP UNCOOKED MEAT AND POULTRY SEPARATE</b>	 <b>USE FOOD THERMOMETER</b>								
<p>Minimum Internal Temperatures</p> <table><tbody><tr><td>Beef, pork, veal, lamb: steaks, roasts &amp; chops</td><td>145° F + 3-min rest time</td></tr><tr><td>Turkey, chicken, duck, whole, pieces &amp; ground</td><td>165° F</td></tr><tr><td>Ground beef, pork, veal &amp; lamb</td><td>160° F</td></tr><tr><td>Fish</td><td>145° F</td></tr></tbody></table>		Beef, pork, veal, lamb: steaks, roasts & chops	145° F + 3-min rest time	Turkey, chicken, duck, whole, pieces & ground	165° F	Ground beef, pork, veal & lamb	160° F	Fish	145° F
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For More Information:  
[www.fsis.usda.gov/safe](http://www.fsis.usda.gov/safe)