



## Chorizo-Spiced Chicken Chili

with Gluten-Free Grains & Sour Cream



20-30min



2 Servings

A chili that is both stick-to-your-ribs satisfying and healthy? Yes, please! Tender chunks of chicken are simmered with green bell peppers, pinto beans, tomato paste and a slightly spicy chorizo seasoning blend. The chorizo-chicken chili is served over hearty good for you grains. Topped with fresh cilantro and a garlicky créma that not only adds a cooling effect but another layer of flavor. Coo...

## What we send

- quick cooking brown rice
- red quinoa
- boneless, skinless chicken breast
- canned pinto beans
- chorizo chili spice blend
- green bell pepper
- tomato paste
- fresh cilantro
- garlic
- 7

## What you need

- kosher salt & ground pepper

## Tools

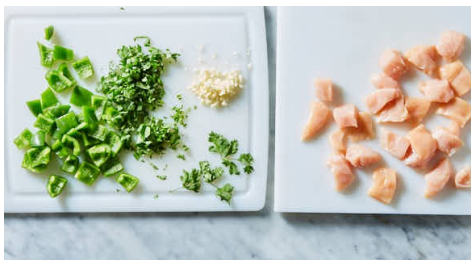
- fine-mesh sieve
- large saucepan

## Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 770kcal, Fat 34g, Carbs 78g, Protein 41g



### 1. Prep ingredients

Bring a large saucepan of **salted water** to a boil. Pat **chicken** dry, then cut into 1-inch pieces. Halve **pepper**, remove stem, core and seeds, then cut into 1-inch pieces. Peel and finely chop **1 teaspoon garlic**. Reserve **a few whole cilantro leaves** for garnish, then finely chop **remaining leaves and stems**.



### 2. Cook rice & quinoa

Add **rice** to boiling water. Return to a boil and cook for 7 minutes. Add **quinoa** and boil until both rice and quinoa are tender, about 17 minutes more. Drain using a fine-mesh sieve, then return to saucepan. Stir in **½ teaspoon of the garlic** and **1 tablespoon oil**. Cover to keep warm.



### 3. Brown chicken

Meanwhile heat **1 tablespoon oil** in a medium pot over medium-high. Add **chicken**, **½ teaspoon salt**, and **a few grinds pepper**. Cook, stirring occasionally, until lightly browned, 2-3 minutes. Transfer chicken to a plate, then return pot to the stove. Add **peppers**, **2 teaspoons oil**, and **a pinch of salt**. Cover and cook until crisp-tender, about 4 minutes.



### 4. Sauté aromatics

Add **all of the chorizo chili spice** and **2 tablespoons of the tomato paste** (save rest for own use). Cook, stirring, until tomato paste is brick-red and chorizo chili spice is fragrant, about 30 seconds.



### 5. Build chili

Add **beans and their liquid** and **¾ cup water** to the pot. Cover and bring to a boil. Uncover, reduce heat to medium, and cook until **peppers** are very soft and liquid is thickened slightly, 6-8 minutes. Add **chicken and any juices**; cook until warm, about 3 minutes. Season chili to taste with **salt** and **pepper**.



### 6. Make crema & finish

In a small bowl, whisk **sour cream**, **remaining ½ teaspoon garlic**, and **2 teaspoons each oil and water**. Season to taste with **salt** and **pepper**. Stir **chopped cilantro** into the **chili**. Serve **chili** with **some of the grains blend**, **garlic crema**, and **remaining cilantro**. (Save remaining **grains** for your own use.) Enjoy!