



Tex-Mex Chili with Chicken Breast

Black Beans & Rice

 20-30min  2 Servings

We take juicy chicken breasts and do a quick braise full of familiar Tex-Mex flavors. The chicken cooks with poblano peppers, onions, and a Tam-pico de gallo spice blend. The result is a tender stew-like dish—it's slightly spicy and a little saucy—perfect for spooning over black beans and rice.

What we send

- 1 yellow onion
- 1 poblano pepper
- 15 oz can black beans
- 5 oz jasmine rice
- ¼ oz Tam-pico de gallo spice blend
- 1 pkt chicken broth concentrate
- ½ oz fresh cilantro
- 2 oz pickled jalapeños ¹²
- 2 (1 oz) sour cream ⁷
- 12 oz pkg boneless, skinless chicken breasts

What you need

- neutral oil
- kosher salt & pepper
- all-purpose flour (or gluten-free alternative)

Tools

- small saucepan
- medium pot

Allergens

Milk (7), Sulphur dioxide and sulphites (12). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 840kcal, Fat 23g, Carbs 103g, Protein 56g



1. Prep ingredients

Chop **onion** into ½-inch pieces. Finely chop **¼ cup of the onions** and reserve for step 2.

Halve **poblano pepper**, discard stem and seeds, then cut into ½-inch pieces.

Drain and rinse **black beans**.



4. Sauté peppers & onions

Add **remaining chopped onions, peppers**, and **2 teaspoons oil** to same pot. Cook, stirring, over medium-high heat until crisp-tender and browned in spots, about 4 minutes. Add **¾ teaspoon Tam-pico de gallo spice** and **1 tablespoon flour**. Cook, stirring, until fragrant, about 30 seconds.



2. Cook rice & beans

Heat **2 teaspoons oil** in a small saucepan over medium-high. Add **finely chopped onion**; cook, stirring, until softened and browned in spots, about 3 minutes. Add **rice, beans, 1¼ cups water**, and **½ teaspoon salt**. Bring to a boil, then cover and cook over low heat until rice is tender and liquid is absorbed, about 17 minutes. Keep covered until ready to serve.



5. Cook stew

Return **chicken and any resting juices** to pot. Add **broth concentrate** and **1½ cups water**. Bring to a boil, then partially cover. Cook over medium-high heat until liquid is reduced by ⅓ and chicken is tender and cooked through, 7-8 minutes. Season to taste with **salt and pepper**.



3. Brown chicken

While **rice and beans** cook, pat **chicken** dry. Cut into 1-inch pieces. Season all over with **salt and pepper**.

Heat **1 tablespoon oil** in a medium pot over medium-high. Add chicken and **a pinch each of salt and pepper**. Cook, stirring occasionally, until browned all over, about 5 minutes. Transfer to a plate (chicken will not be cooked through).



6. Finish & serve

Meanwhile, finely chop together **cilantro leaves and stems** and **⅓ of the jalapeños** (save rest for own use). Fluff **rice and beans** with a fork; season to taste with **salt and pepper**.

Serve **chicken chili** with **rice and beans**. Garnish with **sour cream** and **jalapeño-cilantro mixture**. Enjoy!