



Grilled Chicken Tacos with Refried Beans

ingredients | Classic (Family)

Put away the chopping block. All your freeze dried ingredients are ready for cooking!

grab from your box

- Colby Jack Cheese** | ⅓ cup (¾)
- Instant Refried Beans** | 1 ⅓ cup (2 ¾)
- Chef's Choice Seasoning** | ¼ tsp. (½)
- Lime Powder** | ⅛ tsp. (¼)
- Grilled Seasoned Chicken** | ⅔ cups (1 ⅓)
- Veggie Mix**
 - Chopped Onions | 2 ½ Tbsp. (⅓ cup)
 - Green Chili Peppers | 2 ½ Tbsp. (⅓ cup)
 - Red Bell Peppers | 2 ½ Tbsp. (⅓ cup)
- Cilantro** | 1 tsp. (2)
- Tortilla Blend***

grab from your pantry

- Olive Oil** | 2 Tbsp. (¼ cup)
- Salt** (optional) | ⅛ tsp. (¼)
- Cumin** | ⅜ tsp. (¾), divided
- Cholula Hot Sauce** (optional) | 1 tsp. (2)
- Chili Powder** | ⅜ tsp. (¾), divided
- Butter** | ½ Tbsp. (1)

*Making this a second time from scratch? Use any tortilla blend or store-bought tortilla of your choice!

35 minutes

AS PREPARED

420 CALS / FATS 17G / PROTEIN 19G / SODIUM 660MG

For lower sodium, serve without tortillas or cheese.

What's on the Box?

Check your box for the **CLASSIC** or **FAMILY** icon. Family measurements are in orange.

kitchen gadgets: 2 Medium sauté pans, medium sauce pot, large bowl



See note above! In a large bowl, combine **tortilla blend**, 2 Tbsp. (¼ cup) **olive oil**, and ½ (⅔) cup **water**. Knead for 5 minutes on floured surface, adding more flour or water if needed. Form into 4 (8) equal balls and flatten with palm of hand. Cover and let rest 10-12 minutes.



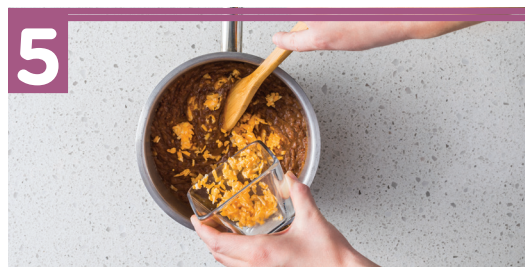
In the meantime, refresh the **colby jack cheese** with 1 (2) Tbsp. of **water** in a small container with a lid. Tumble and set aside. Allow to soften by tumbling every few minutes.



In a medium sauce pot, combine **refried beans**, 1 ½ (2 ¾) cups **water**, **chef's choice seasoning**, **lime powder**, 1 (2) Tbsp. **butter**, ¼ (½) tsp. **cumin**, ¼ (½) tsp. **chili powder**, and ½ (¼) tsp. **salt** (optional) and bring to a simmer. Simmer for 4-5 minutes stirring occasionally. Remove from heat and let rest for 5 minutes.



After tortillas have rested, roll one into a 6-7 inch circle. Cook tortilla in a greased sauté pan over high heat for 1 minute on each side or until lightly browned. Repeat with each tortilla.



To finish the beans, add **cholula** (optional) and **seasoning** as desired. Fold half of the colby jack cheese into the beans. Set aside the rest of the cheese to top the tacos.



For taco filling, in a medium sauté pan add ¾ (1 ½) cup **water**, **veggie mix**, **grilled seasoned chicken**, **cilantro**, ½ (¼) tsp. **chili powder** and ½ (¼) tsp. **cumin**. Bring to a simmer and simmer for 3-4 minutes, stirring frequently. Add ½ (1) Tbsp. of **butter** and season to taste. Serve with your favorite toppings!



Wasn't that simple?

Choose from a variety of Thrive Life ingredients to whip up your own family classics faster.



Grilled Chicken Tacos with Refried Beans

FAMILY

Nutrition Facts

8 servings per container

Serving size **1/8 package (83g)**

Amount per serving

Calories 320

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 650mg **28%**

Total Carbohydrate 47g **17%**

Dietary Fiber 8g **29%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 19g

Vitamin D 0mcg 0%

Calcium 132mg 10%

Iron 2mg 10%

Potassium 450mg 10%

*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.

Grilled Chicken Tacos with Refried Beans

CLASSIC

Nutrition Facts

4 servings per container

Serving size **1/4 package (83g)**

Amount per serving

Calories 320

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 650mg **28%**

Total Carbohydrate 47g **17%**

Dietary Fiber 8g **29%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 19g

Vitamin D 0mcg 0%

Calcium 132mg 10%

Iron 2mg 10%

Potassium 450mg 10%

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INGREDIENTS: UNBLEACHED WHITE FLOUR (ENRICHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, ENZYMES), **PINTO BEAN FLAKES**, **FREEZE DRIED COLBY JACK CHEESE*** (PASTEURIZED MILK, CHEESE CULTURES, ANNATTO COLOR, SALT, ENZYMES, POTATO STARCH ADDED TO PREVENT CAKING), **GRILLED SEASONED CHICKEN BREAST STRIPS WITH RIB MEAT*** (CHICKEN BREAST WITH RIB MEAT, SALT, POTATO STARCH, ONION AND GARLIC POWDER, SPICE), **ONIONS***, **SALT**, **RED BELL PEPPERS***, **BAKING POWDER** (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE), **GREEN CHILI PEPPERS***, **ALL PURPOSE SEASONING** (SALT, SPICES, ONION, GARLIC, CHILI PEPPER, DEXTROSE, CITRIC ACID, SUGAR, NATURAL FLAVOR), **LIME POWDER** (FRUIT SOLIDS, MALTODEXTRIN), **CILANTRO***.

*FREEZE DRIED

CONTAINS: WHEAT, MILK.

Distributed by: Thrive Life®

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